

# 44 essays

on nature's essence

jmbo

A collection of essays artfully playing with ideas around philosophy, psychology, metaphysics, religion, mythology, consciousness, and more.

Composed of a mix of poetic prose producing thought-provoking texts about the human condition, the psyche, awareness, and the strange nature of the reality we find ourselves in.

Inspired by ancient wisdom from Eastern and Western philosophers and religions mingled with discoveries from scientific studies in psychology, neuroscience, and physics.

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*“Welcome young man, partnered by immortal charioteers, reaching our home with the mares that carry you. For it was no hard fate that sent you travelling this road — so far away from the beaten track of humans — but Rightness, and Justice. And what’s needed is for you to learn all things: both the unshaken heart of persuasive Truth and the opinions of mortals in which there is nothing that can be truthfully trusted at all. But even so, this too you will learn — how beliefs based on appearance ought to be believable as they travel all through all there is.” — Parmenides*

*“What they say is, for them, quite right; and I myself conform to their convention.” — Empedocles*

*“The practice of magic consists in making what is not understood understandable in an incomprehensible manner.” — Carl G. Jung*

*“If you want to keep a grip on what you think you already know, you will have to dismiss what I say.” — Peter Kingsley*

*“The answer is don’t think about it.” — Rick Sanchez*

## **A letter to my younger self**

Dear younger me, my inner child. I'm writing to you to tell you that I love you.

Don't be ashamed of who you are. Don't be ashamed that you are different, that you are not as you think you should be, that you are not as others tell you you should be.

Release the shame of not knowing what you did wrong when others made you feel guilty.

Don't be afraid of life. Be cautious and analytical, but don't be anxious. Don't let worry consume your heart. It will all work out. It all happens for a reason. It is hard to see during the dark moments, but when the light shines bright, and it will, you will see that it was all worth it. Never give up hope! It is the one thing you should never lose, and everything will be fine. Just trust in the good forces of this world and have faith that they will support you.

Keep going, young one. Great moments are ahead. If you enjoy what you are doing while not causing any harm to others, you are probably on the right path.

Be grateful and savor the small victories. Do not rush past them in search of the next, the bigger, the better. The present holds a joy that the future can't promise. Live it deeply when it happens, be fully present.

When you get angry, pause. Take a breath. Don't lash out. Let the heat of the moment cool before you speak. Understand what has truly upset you, and only then let your voice be heard. Your emotions are valid, but your peace of mind is sacred.

Be bold enough to express what weighs on your heart. Speak your truth, even if your voice trembles. Trust yourself to dream with courage. The world will conspire to help those who are true to their calling. But

remember, there is no race to the finish. Take your time. Life does not rush us, and neither should we rush ourselves.

This one might be one of the hardest lessons of all but learn to wait. Learn to be patient. Give things time to unfold on their own timing. Even when your hope feels thin, if it is what you truly want, never abandon it. Don't force life's hand, but create space for what is meant to bloom.

I know the pain you carry, but remember, you are just a child. You shouldn't have to bear all this weight. Focus on the light, the wonder, the beauty around you. I will take care of the shadows. Your only task is to keep being your brilliant self.

With all my love,

Your future self.

## **Who determines my free will?**

Let me address one of the grand questions of life. Do we have the freedom of choice, or is it just an illusion within a predetermined system?

What if it is both? What if they are just two opposing perspectives looking at the same thing? When we look at the world from our subjective perspective, as a particular relative part of the world, it might look like everything is determined by the laws of nature. The rules of the game. Everything unfolds as physics determines it to. But when we look at the world from an objective “outside” perspective, then we see that everything within existence arises out of the freedom of all possibilities.

The world unfolds according to its own rules because those are the rules it chose for itself. The world wills itself the way it wants to be because the world is free.

Now, what about lifeforms within the world? Are they absolutely free, or are they absolutely predetermined by the rules the world chose for them? Or is life a dance between the two extremes? Does it not seem reasonable that the world split its own consciousness into many conscious agents that have some freedom but not complete freedom? Would it make sense to have one single entity make all the choices, or wouldn't the fragmentation of conscious influence make existence way more compelling? If you were the world, would you like to control everything from an absolute perspective, or wouldn't you enjoy the spectacle more from the uncountable relative perspectives of which each only has some limited influence?

We can't choose from infinite possibilities. Each moment only allows us to choose between several predetermined options depending on the current state of the system in which we find ourselves. Determinism guarantees continuity, but free will allows choices to be made between the predetermined paths that are available at each moment.

I would say that hard determinism is true from a certain perspective. The world decides on its own. But what if conscious agents are fragmented parts of the world, and the process of determination that decides over their life happens within the agents who experience it as free will?

So, if someone asked me if I believed in free will or determinism, my answer would be *both*.



## **On the paradoxical necessity of choice**

Is there such a thing as a choice, or is it only an appearance of one? This question has plagued many thinkers, and I've spent my own time pondering this dilemma, so allow me to share my thoughts on it. But I do not claim to have found the answer — quite the opposite. I will try my best to convince you that I can't give you any answers. Because if there is a choice, then it means it is YOUR choice to decide if you want to believe that you have free will or not. My words can only provide you with ideas. Which of these you want to believe and apply is up to you.

Or is it not? Is it all based on your conditioning? Are you programmed to act the way you act because of the situations you lived through and how you adapted to them? Is every choice just an automatic predetermined response? Or are you conscious of your actions? Are you aware of options and actively choosing? Are you a passive participant, or are you an active agent? What does your programming tell you to believe? Can you step beyond that and look at it from a distance? Can you bring the light of your consciousness to a point from which you are able to judge the habits that live in your mind and body? Is it possible to become aware of your conditioning and uncondition yourself? Or recondition yourself and use your intuition to bring judgment to the habits you allow to stay alive and those you allow to die? See, the choice is yours, but first, you have to be aware of that choice.

Questions over questions. Who knows the answer? You? And how far does that choice reach? Can we choose to believe that we don't have to make any active choice at all? Would it mean to leave the authority over our choices to something else? Can we trust the world to make the choices for us? Or is it already doing that and does choose to give us the illusion that it is our choice? Or are we an integrated conscious agent, a fragmented part inside the web of decision-making faced with options? Part of it, but free to decide over our own experience?

Or can we step even further back and consider that there is only us and the life that we experience is just an illusion of our own choice? The dream we create to pretend that we are not alone? Or is it both? A single entity of supreme intelligence that fragmented its own consciousness into individual parts interacting with each other. So that, there is no subjective experience of being alone, there is always the other. That which happens unconditionally. The flow of life. That which the universe dreams into existence to pretend that it is not alone. A multidimensional artistic masterpiece unfolding with devastating magnificence and levels of depth, allowing for endless wonder and exploration in which the universe plays around as living beings to be an integrated part of the artwork. Actor, show and audience. The observer, observed and conscious act of observation itself.

And why does it do that? Why does it happen? Perhaps because that's what it loves to do? What if it is that simple? What if all you need to do is align yourself with the highest potential of the conscious agent that you are and always choose love? Use the emotional feeling of the energetic heart as an indicator to discern if the thought you just had is one that resonates with your intuition. Will it lead you to something you love to do, or is it one that gives you an uncomfortable feeling? Is it possible that this uncomfortable feeling is the built-in indicator that a thought you have is based on a subconscious belief that does not align with your highest timeline? The narrow path of perfection. Or is your life already unfolding on that path, and always will? If you are part of the universe, and the universe is love and loves doing this, then perhaps everything that happens does happen out of love. And out of this love, you are given the illusion of choice.

Now, one might ask, but why doesn't it look that way? Why don't we see it? Why don't we always feel that love? Let me ask you this. What if everything you experience in each moment, everything that happens within your consciousness, each present moment itself, existence unfolding, the vibrations of life, what if all that, combined with your consciousness, what if all of that is love? Then love is not something you will sometimes feel

and sometimes not. It is not something that you will find in some places, but in others, you won't. It is something that permeates all, that is the basis of everything, the energy that fuels all creation, the generator of existence.

The wobbling energy of each vibration. You can find it in everything. You just need to be aware of what you are looking for and realize that it is everything you are looking at and so much more. Everything you find is just it, vibrating in different patterns, interacting with each other, creating new patterns of varying intensity and complexity. Everything that exists does so because existence itself loves it unconditionally. For not being alone. For doing something with the time it has. To make something out of its own potential. Something it enjoys. Something that is captivating. Something that is dramatic, beautiful, horrifying, mesmerizing, captivating, engaging, dangerous, challenging, rewarding, joyful, ecstatic, fantastic, glorious, releasing, relaxing, smooth, calm, still, peaceful.

Do you choose to believe this?

## **How to use your fears for guidance**

Let me begin by clarifying what I mean by the word fear. To me, fear is connected to a spectrum of all kinds of different emotional states. At the far end, we have the states of panic and fear of death. When you are forced to go into survival mode, that's all the way out there, and some people might even be lucky enough to never experience the possible intensity of it during their whole lives. Yet, some people have to live in situations where they might have to face it every day. It is an appropriate response to the current situation, and it tells you to escape. But why?

What if I told you that fear is an indicator of what you value, what you love, and what you have compassion for? Let me show you what I mean with some examples.

If you are afraid to die, it means you value your life. You wanna keep going. You love being able to participate in the game of life, and you want to continue playing. You like being not dead, and your fear tells you that.

If you are afraid to be wrong, and I don't mean that you always have to win an argument with others, I mean being afraid that your assumptions about something are wrong, and you will act, based on those assumptions, and cause harm to others or yourself. This means you have compassion for others and yourself, that you are a loving being, and don't want to cause harm.

If you are afraid to be rejected or abandoned, it means that you value companionship. You want to share time with a person. So your fear tells you that not being rejected and having a relationship is something you would like. It means you value connections with others.

But if we give in to our fears, they can control us and stop us from getting what we want. If we are too afraid to die, we will never be brave enough to actually live. If we are too scared to be wrong, we might live in a constant state of uncertainty and indecisiveness. So, we may never even find out if

our assumptions were right or wrong in the first place. If we are too afraid to be rejected by a person, one we would like to connect with, we might not even try. Not knowing if it would have worked out or not. And if we are too afraid of being abandoned, our actions will be caused by fear and might cause others to abandon us.

So you see, you can shift your perspective and no longer be afraid of fear itself but see it as a compass that tells you where you don't want to go. You don't want to die. You don't want the predictions of your mind to be something other than the truth so that you can rely on them. You don't want to be rejected or abandoned because connection is something you value. You don't want to be dead, causing harm, or alone. These are very healthy character traits and something to be embraced instead of suppressed.

However, to be aware of these fears and to overcome them requires one to be bold because there is the possibility of failure. You might die, you might be wrong and cause harm, and you might be rejected over and over again. But if you don't dare to try, your fear prevents you from living the life your heart wants. It won't be great right away just because you started trying, but if you never start trying, it never will be great. Do you want to spend your life imagining negative outcomes, or are you brave enough to dare to work towards positive ones?

Now, let me get back to the spectrum of fear because, to me, fear already starts with uncertainty. When you don't know, you can begin with assumptions that are either optimistic and positive, or you can head toward fear and generate pessimistic and negative assumptions. What if things go wrong, instead of what if they go right? And that is not a bad thing. We want to avoid mistakes, so we have to consider what our actions could cause, but we can do this from a neutral perspective. They are just assumptions. We don't know if it will happen. But by engaging with our imagination, we might start to believe our predictions and already feel the emotional response to them.

If you are aware of what you don't want to happen, you could just avoid situations that could lead to that kind of emotional response. Or you can use that as a motivation and imagine what you would like to happen instead. What would be the perfect alternative? And what can you do to strive for that? This way, you head in the other direction from fear instead of letting it drive you away from everything or freeze you where you are. Use it to shift your perspective 180 degrees and start walking that way. Step by step. Remember your goal if you should struggle along the way, and don't get attached to specific details either.

Maybe it is not that specific person. Maybe it is not that job. Maybe it won't happen when and how you want it to happen. But don't focus on any of that. Imagine what you would love to happen, the best version of the dream, and observe how that makes you feel. Don't get fixated on the dream, but aim to remind yourself of that emotion on a regular basis. Feel yourself into how you would love to feel by imagining what you would love to do. Cultivate that state, and soon, you will turn it into a habit, and you will notice that it makes you more confident. Less stressed, anxious, confused, and uncertain, but more relaxed, hopeful, anticipating, and at ease. And if you see an opportunity for that dream coming true, go for it. It might not work, but you won't know if you don't try.

Just be warned that cultivating this habit can be challenging work. We all have our subconscious fears hiding in the shadows, and there can be many. The habits we developed by observing others, being told what to do, or behaviors we discovered that helped us to get what we wanted or needed. Our needs for food, attention, safety, security, connection, and others might be at the root of many of our subconscious fears, and here we get to the tricky part.

What we believe about how these needs will be met can be brought all the way down to our worldview. Is it a pessimistic and worried one, or is it optimistic and hopeful? Do you trust the world? Do you believe that life is something that is happening to you, or is it something happening for you? Do you have to fight to get what you need, or will everything you need be

provided when needed? Is it a struggle to survive or an adventure to be embraced? Do you take a leap of faith and trust the world will catch you? Or do you allow the world to swallow you up? Is this all just some materialistic machine unfolding, and does life compete to survive only? Or is it an infinite magical mystery, a multidimensional dramatic masterpiece to be captivated by and engage with? A tale spun by the universe for us to be experienced? What does your heart tell you? In which of these worlds would you love to live? What do you want to believe? What kind of life do you want to have? One where fear holds you back? Or one where you use it to tell you which way not to go and show you what you value most?

## **Go get rejected — It's good for you**

Many people are afraid of being rejected, be that as a person, their help, their opinions or requests. But there is something extraordinary about being rejected that should be embraced.

Either, what you wanted is not for you. It might be what you think you need, but whoever is rejecting you might not think that way, and that part is out of your control. You tried, but it might not have been the right thing for you, yet. Yes, some things are not for us, but sometimes, if you or your work gets rejected, it might be the universe telling you to try harder. Perhaps it wants to awaken you to a level of capacities from within you that you were not even aware of.

What if it will make you try and try again to push you towards your full potential? If you look at it that way, then there is a good reason to embrace rejection when it happens. Go into yourself and reflect. Is it truly what you want? Take your time. If not, then it was actually good being rejected. But if the answer is yes, and you still see a possibility of it happening without forcing it, please, for everyone's sake, keep trying. You will be amazed how much inner powers will awaken if your attempts are continuously rejected, but you will just get more and more confident that it really is what you want.

However, be careful never to cross the line and harm others by your repeated attempts. If they seriously tell you to stop, then stop. Take some distance. Focus on something else. Perhaps they will change their mind and approach you again, but maybe they won't. And by forcing it, whatever you get won't be harmonious, it won't be wholesome, it won't be worth it. Be open to considering other options, even if it means starting something new all over again.

But boy, if it is something your heart screams at you and there is no harm in trying again, then embrace this challenge and get your ass off the



ground and find out what you are really capable of. By trying over and over again, you will develop skills and confidence to live and create in a way that will inspire others. Master your craft. Master yourself.

A healthy approach is to not focus on the outcome. Put your attention on the execution and practice instead. Live in the moment. What can you do better? Is there something you are good at but not using right now? What are your strengths? Can you apply them? If you don't know what your strengths are, don't worry. It might take some time, but you can discover them quickly by actively searching. And once you find them, use them. The more you do it, the better you get, and the more you'll enjoy it. You will welcome the process. Reminding yourself of the goal is good motivation, but the joy is in the moment. If you finally reach that outcome and your mind has the habit of living in the future, you will miss the moment when it finally arrives, and you'll continue to live in a habitual dream state, focusing on the next goal.

So, do yourself a favor. Get rejected and rejected and rejected, over and over again. So you can get better and better at what you do and learn to embrace the glorious process. Awaken yourself. Be extraordinary.

## **Pathos, passion, and the patient patient**

Pathos, a word of Greek origin, initially referred to suffering or experience in general, later meaning a mode of persuasion besides ethos and logos. Nowadays, pathos also relates to all kinds of emotional states. Then we have passion, the longing of the heart, originating from the Latin pati, to suffer. The same root for the words patient and patience. The one waiting for their treatment to work. So is it all just suffering? Life just a permanent treatment of our wounds and a creation of new? Or does the patient patient get the opportunity to use his suffering to fuel his passion for the pursuit of pathos, to evoke emotions, while he is patiently waiting for the end of suffering? Is perhaps artistic expression the cause for our suffering? And our process of healing the inspiration?

What counts as artistic, though? Is it only good art if it is expensive and locked up in some place? Or is a farmer caring for his animals a form of art? Something that can be done with passion and compassion? Is perhaps that which is done with love, to fight all the suffering, the cure to counter the imbalance in the world? Would the world be different if people expressed their emotions freely to release their inner tensions and participate in the artistic expression of life?

A dance of colors, vibrations, sensations, emotions, thoughts, objects, ideas, concepts, patterns, frameworks. Swirling around in an open space. Witnessed by something unidentifiable, since an identity is something swirling. The audience, being the show, performed by the actors it is. The observers, the observed, and the observation itself. The act of being. Something seemingly separate yet joined together. Something united with the illusion of separation. An entangled dance of polarities. Patterns merging into patterns. A pattern, something serving as a model. A model, that which presents the art. A new model, a new version of the creation. A continuous process of creation. Suffering required? Passion, in German

Leidenschaft. Leiden meaning suffering, schaffen meaning to create from Schöpfung, Genesis, Creation. A continuous experience of now.

An eternal drama being the art itself, endlessly being created right in front of us. All the time. But do we express our passion? Do we follow the call of our heart? Or do we do what we think is expected, what we think is required, what we think is necessary? Who wins this fight? The thinking mind or the singing heart? If that heart is love, what is the mind so scared about? What if it is possible for them to work in harmony? Use the intellect to suggest and the emotions to react to indicate the response of the heart.

What if it is possible to learn how to listen to the subtle voice of your soul nudging you towards your purpose and away from your suffering? Or do you find such beliefs pathetic? Or can we persuade ourselves with pathos? Well, the choice which path you prefer is yours, isn't it?

## **Laxish lavish limitations liquidize our libido — Lamenting life's luck and Lucifer**

What the hell is going on? What is this life that we find ourselves in? Did we ever think it through, or did we settle for something we were told? Are we not curious to search for meaning? Or is there no meaning, so why look for it?

A sad outlook, isn't it? So what do we do? How do we figure out what life could be about? What has meaning for us? Is there something we care for? Maybe that is what our life is about. Perhaps we find our own meaning by finding our purpose. Our destiny. But is it something that will be reached in the future? Or is it to be found in the present moment? If we focus on what is happening now, have we found the meaning? Is it this experience right now, the one that never ends and continuously changes? If this is what it is about, then whatever future we are looking for, is something we are doing with our imagination right now. When what we are doing right now is our purpose, then reading a text about purpose right now is precisely what we are supposed to do right now. Right now, your purpose is to follow these words with your eyes. Be captivated by the text, get drawn into the words. Don't let your thoughts stain my words, but get sucked into the process of reading, really reading, without the constant commentary going on in your mind, but following each word, touching its essence, and learning its message. Are you paying attention? Are you alert? Do I have your focus? Good, now that I have it, let me give it back because it is yours. Always has been, and you are free to choose what to focus on. Where do you center your attention?

Or perhaps you want to allow it to lean back, not narrow in on something, but open up, breathe in, listen, feel, breathe out, and relax. That's all you too, you know? All that other stuff going on. Not just the actions of the analytical mind and imagination, playing around with what-ifs while making assumptions about the future, or digging through your memories,

but all that other stuff. Out there, in you, no difference, all YOUR experience. That's all going on within your consciousness. Just like the activity of the mind, you have the senses and sensations of the body and the emotional feedback of the energetic heart. Your feelings. Are these nothing spiritual but happening within the body? Perhaps? Or perhaps not, perhaps, there is not only the physical, and the mental, but also the emotional and spiritual realm of the psyche. Pathos. Archetypes weaving a tale of infinite tales. Countless threads of conscious actors living an immersive entertainment experience. A real one. But how much of their fate is in their hands, and how much of the script has already been written?

Now, here we get into the funny business and the paradoxical and irrational eternally evasive half of existence — the mysterious chaos. When patterns break, and novelty emerges, uncertainty is at play. The element of surprise. But how often do we get surprised? How often do we experience something new? If it is all pre-written, isn't it just the remix of some stuff that has already happened over and over again, in all kinds of similar ways, never really the same, but also never something special? Only ordinary. Or is that up to us? Can we actively search for new patterns? New ways? Embrace uncertainty to break free from the known and take a leap of faith into the unpredictable?

But then, what are we gonna do next? Well, it is precisely this way of thinking that is your habit of prediction. What's next? What if ... ?

That there, is a mechanism that is in your control. You can decide how to engage it. And you can release it and just live in a state of flow. Don't control. Just give in to the present moment and let it take over your experience. The more you trust everything within your awareness to be precisely what it is supposed to be right now, the less you worry. What if worrying is a habit you can unlearn and only willfully engage? What if it is just a mechanism for making assumptions? Those that don't feel good?

Imagine, instead of automatically being drawn into pessimistic predictions that make you feel bad, you could be in control of that. So you would no

longer be overwhelmed by your emotions but welcome them as feedback from your soul and its opinions on your assumptions. Your intuition. A thought causes you to be afraid. Well, does it happen because you imagined yourself being in that situation and were getting scared? Or did it happen because your intuition is giving you feedback that those kinds of situations are to be avoided and that you should look for a way to find an alternative outcome?

Or are these kinds of thoughts just the show that is happening on the mental layer, while the emotions are also just running from a predetermined script? All happening within a blank space. Sensations, emotions, thoughts, imagination. Different layers we can shift into. But the one thing we can't grasp, the one thing that permeates all, that no word can catch, no mind can grasp, no thought can claim, the blank space, the screen, awareness, consciousness. The perspective that is you, with all that is in it, as it is, in each moment. Your subjective experience of being. You. Now.

## **Abra Kadabra and Wakey Wakey**

In the beginning, there was the word. A magical spell to conjure being into existence. Was it Om? Was it light? The beginning of change? The first wobble of a vibration? Something began to move and woke up to itself. And thus began the universal heartbeat.

*“But it is still now and the universe is still beginning now and it’s trailing off like the wake of a ship from now and as the wake of the ship fades out, so does the past.” — Alan Watts*

And what beauty it discovered within itself. It found love, it found joy, it found adventure, and so much more beyond human comprehension. But it also found hate, it found fear, it found war, sickness, suffering, and death. Who put it there? Aren’t parts of itself responsible for it? Then it means it would have purpose. It is doing what IT is supposed to be doing. But why? Why all this darkness? Why the bad parts? Why isn’t life only the good parts and none of the bad?

What makes the bad bad? Isn’t it the contrast to that which is good that makes it bad? So, if everything were a variation of good only, would there be a preference within the good? The stuff that is better than other stuff? And wouldn’t we then just use two different labels about the really good stuff and the less good stuff? Should we call them good and bad? See, there is no escaping the contrast unless we go back to the flat line out of which the first wobble rose. But if it can wobble in one direction, it implies that it can wobble in the other. And has to, if things are supposed to be balanced out. But are they really?

Is the wobble of existence infinitely expanding, or will it bounce back and do a balancing move in the opposite direction? Or perhaps it is even more dynamic than that. Unpredictably expanding and shrinking at irregular intervals. Like a growing mushroom with phases of expansion, retraction and refinement. Who knows? Perhaps it is an eternally expanding mind

experimenting with itself. Fragmenting its consciousness and mind power into conscious agents exploring its infinite mysteries, growing with each moment.

Let me share the model this conscious agent here has come up with to understand what's going on. It might be wrong, but it has already served to put things into perspective for me. A helpful framework, but a work in progress.

So, to me, it seems possible that it is all layers of layers of all kinds of different dimensions of fluctuation and vibration happening within a conscious field of unbridled potential. Within a paradoxical singularity that is nothing and infinite. Now and eternal.

At the root, it all varies between symmetry order and group order. Does it gravitate towards each other, or does it drift apart? A one-dimensional axis of polarity.

*“It can be seen that opposition, distinction, pronunciation, conflict all result of dividing things apart, they are products of grouping order. Oppositely, unity, similarity, harmony, and symmetry results of blending things together evenly. These basic patterns actually represent the basic reality that we exist within. We exist caught between two great forces, the two opposing ways objects in a pattern can cooperate with one another.”*  
— Gevin Giorbran

Then we have time, but is it just a straight one-dimensional line, or is it a two-dimensional plane with a real and an imaginary axis? Allowing for uncertainty and navigation. The selection of optional paths.

And with this, we can navigate through three-dimensional space. Making curved spacetime a six-dimensional fractalized construct. Twisted into something that we experience as a four-dimensional journey. The change of space. Spacetime.

Now, what would be the next layer? If we have spacetime, and a force that unifies and separates and one that can explore options and choose within



an open space, things start to get moving. Energy fluctuates. Four-dimensional waves expand, interact, eliminate, and stimulate each other.

Sidenote: If energy is four-dimensional, vacuum fluctuation would mean that energy rotates into the three-dimensional observable space from a fourth (yet) unobservable dimension. This way the conservation of energy would not be violated.

When waves establish a stable environment within standing waves, the appearance of something particular begins. A five-dimensional element emerges. Stable, mathematical structures that can be holographically projected into three-dimensional phenomena.

These five-dimensional bricks, with their variations of uncertainty, have various forms of interaction with each other to form the higher six-dimensional structures of atoms. Clouds of fluctuating particles within a semi-stable complex structure. Creating their own emerging ways of interacting with other structures.

And if by chance or planning, one of these six-dimensional structures, the carbon-atom, seems to like forming rings of six. Perhaps the most stable structure within the six-dimensional space. And if current theories are correct, that these benzol rings of six carbon atoms can act as fluctuating quantum switches that can exist in various states due to an imbalanced distribution of charges, that they are qbits triggered by something beyond the material, and that they serve as the interface to interact with the material, then it only makes sense, that what is bringing energy and motion into this dance, is life.

So we find ourselves in the seven-dimensional layer of emotions, energy in motion, life force, chi, the seven chakras, and so on. Now, keep in mind that this is only a theory, but it would make the spiritual just as much real as the physical — just different vibrations in a higher layer.

*“It would be most satisfactory if physics and psyche could be seen as complementary aspects of the same reality.” — Wolfgang Pauli*

Now, my model has a gap of some uncertainty. When I started, the prime dimensions seemed to be the essential ones. Allowing for unique identifiers making all none-prime dimensions compound dimensions of prime-dimensions. So, in my first draft, it seemed logical to me that the next step after life would be the mind as the eleven-dimensional realm. Making thoughts eleven-dimensional dynamic structures, imitating reality as the shadows of ideas. Approximations of the original blueprints.

As I write this, I get the feeling, that the layers eight to ten might be intuition, instinct, and virtue, but that possibility requires further consideration.

The twelve-dimensional layer then would be the world of language, symbols, letters, archetypes, and the complex world of the psyche where the dramatic tales of life get woven through overarching storylines in the magnificent epos of existence.

And this is all fueled by the universe's use of its thirteen-dimensional layer of imagination. Making humans a being that exists in at least thirteen multidimensional layers simultaneously, giving us the instruments to navigate this intricate web of waves and patterns. With the help of recognition and prediction. Memory and simulation.

*“Any distinction between some extraordinary magical realm and our ordinary, mundane, conventional world is purely illusory. For apart from the kind of magic, so very rare, that can free us and give us back the purity of consciousness which is rightfully ours there is another kind as well. This is the magic that throws its spell into each and every corner of existence and through its bewitching power turns what happens to be utterly extraordinary into something just as utterly banal.” — Peter Kingsley*

Let us get back to the prime dimensions. But now, from our subjective human perspective, the one of primates.

We have the forces of unity and separation within us. Love and fear. Making our first dimension.

We live in time. We have our outer time of events unfolding, and we can tap into the imaginary time using our imagination.

We navigate through three-dimensional space. And have everything holographically projected down into this. At least, that's how it seems.

We have five senses to serve as antennas that can measure types of particles. Smell, taste, touch, sound and sight.

We have seven chakras (yes, this magic voodoo stuff might be real) that are the anchor points of our energetic, emotional body.

We have the mind to create eleven-dimensional structures as representations of lower-dimensional structures. Our models for the patterns and the mechanisms for pattern prediction. Our crystalized understanding.

And we can use all that, to fuel our imagination, creating possible versions of the future in our imagination. Then, we can use love and fear to discern which path feels right. Which one feels unifying and peaceful, and which one feels separating and frightening. Hot and cold. Resonance and dissonance. And then we can act towards that prediction.

This is just a model, and I am no expert, but I think this could serve as a unifying framework to connect the professions. It unifies body, mind, and soul. It unifies the spiritual with the material. The religious with the scientific, when considering the religious as something layered, including a perspective of psychological wisdom taught through the symbolical.

*“Meaning is the bridge between mind and matter, enabling each to affect the other in a fundamental way.” — David Bohm*

Well, if we consider that the 5D creates matter. And that the 11D is the domain of the mind. Then, it seems obvious that the meaning of life seems to be the 7D realm of emotions. Life means something because we feel something, because what happens to us, matters to us. Our life has a meaning, is important, and not just for us, but as an integrated, highly

complex pattern unfolding in the intricate web of life. Everything, everywhere, matters to everything. Us, being the main characters in our own journey and a companion for others. All participating in this intricate dance of vibrations and patterns to have this marvelous experience of life. Right now.

And on a sidenote: What if psychedelic molecules are the antennas to pick up vibrations from other layers which are not accesible to us without the required hardware?

Well, the speculations and implications of this framework seem to be infinite. It opens up the possibility of endless parallel layers. All with their own unique prime number key. The base frequency and complexity of the wobble. Perhaps there are endless realms existing parallel to each other. And if it seems that the energies of the different layers are capable of interacting with each other, then how many other layers exist out there that we can somehow tap into?

Now, this idea is just a start, and if this model is to be of any use, it needs to be tied into modern science. A possible endless endeavor of integration and unification that will require the effort of many experts. A collaborative, cooperative exploration, which might lead us to a dead end. But what will we learn along the way?

And what is at the heart of it? Is it unconditional love of existence for itself? Allowing itself to be the way it is, to be explored, to be understood in the pursuit of wisdom and knowledge? To unify and cooperate? An infinite power source fueling this magnificent masterpiece, which is the tantalizing tapestry of life. Never to be grasped fully, always evasive, yet hypnotizing and captivating. What a magical mystery.

*“And what exists for thinking is the same as the cause of thought. For you won’t find thinking without the being in which it has been uttered. For there is nothing else and will be nothing else apart from being, because Fate has bound it to be whole; unmoving. It’s name shall be everything — every single name that mortals have invented convinced they are all true:*

*birth and death, existence, non-existence, change of place, alteration of bright color.” — Parmenides*

## **How big do you dare to dream?**

Let me start with some questions. What would you do if money were no problem and financial abundance was guaranteed? How would you spend your life? What could you do that would be fulfilling? What is something that gives you the feeling of contributing to the world? And how can you fuse that into your dream life?

While these are simple questions to ponder, let me show you how you might have already limited yourself to what you think is possible for you. How far did you allow yourself to dream? Did you come up with something that others do and you also want to do? Or did you think about something that you already did or perhaps even are already doing? Yes? Then you are not dreaming big enough yet. Because then, you only dream of doing something that is already known. That is already being done. It wouldn't be anything new.

Or are you an explorer of novelty? Is your art something that no one has done before? If you limit your own imagination to that which others have already confirmed, then your imagination won't come up with anything new. It will be a new variation and mix of old things, but there won't be innovation. To innovate, to create something new, to do something that has never been done, you have to tap into that of which nobody knows if it is even possible. And if you can imagine something like that, then how could you ever find out if it is possible or not? Yes, it shouldn't break the laws of physics that most people would reasonably think of right now. These limitations are real. However, our approximations of them might not be 100% accurate. So there is always room for a surprise. A new way of looking at things. Something that will open up a whole new perspective into what could be possible.

So, if you could imagine something that you can persuade yourself of, that it could be possible, or perhaps even plausible, then how would you ever find out if it can be done? There is no way around it. You have to do it

yourself. And you will ask yourself every time you fail, is it possible or not? Am I wasting my time? Should I stop? Well, analyze your current approach. Can it be improved or replaced by a different approach? If not, take a look back. While reaching for your highest goal, did you learn something along the way that you didn't know? Although you have not reached the highest version yet, did you get closer? If so, then you can at least move toward your preferred goal. How much closer can you get? And what if, instead of continuously focusing on the perfect version of your dream, you continue to focus on how much of it you are already living right now?

Are you in pursuit of your dream? Yes? Good. Is it hard? Well, if you are dreaming big, then it probably will be no easy task. It will push you to your limits, over and over again, to get to the small little victories where it pushes you beyond your perceived limit. Where you will go: "I didn't even know I could do that." Then you tap into the impossible already. Then your magic is conjuring novelty out of the darkness of the unknown, and the universe reveals a surprise for you. Something you might not have seen coming. But would you have ever found it if you never dared to look? Would you ever be able to get something like that if you never dared to try? And what if you didn't even dare to dream about it, because you didn't know you could? Because you thought you would have no choice and had to accept your life as it is?

Why do you think do we have the ability to dream? To wonder? To imagine? Is it not a system to predict possible futures for ourselves, so we can choose one and act accordingly by approaching it step by step? When do you know with certainty that a future is impossible? It might be a long road. You will be suffering. Your patience and perseverance will be tested while following your passion. But never abandon hope. Have unbreakable faith. And at some point, you might realize that it is not about getting to the end. It is about getting closer right now. Right now, you are in the process of getting there. Embrace it. Enjoy it. You are already living the

dream. The gift of life happens in the present moment. That's when you get it.

*“The happiness we think happens somewhere in the future when this or that happens has actually been with us all along, in the present moment. You don't listen to music just to hear the last note. You don't eat a meal just for the last bite.” — Alan Watts*



## **The separate dance of unity**

*“A tao you can explain is not the eternal Tao. A name that you can name is not the eternal Name.” — Tao Te Ching*

As humans, we have spent a good amount of time with separation. We separated ourselves into religions, scientific disciplines, ideologies, ontologies, countries, and so on. It definitely has its benefits. But why do we spend so much time focusing on all the extremes that separate us and so little looking at the similarities that unite us? Let us take a look at the harmonious center, where we all unite, where it all connects to the same world, the same planet, the same species, the same struggles, the same fears, the same longing for love, peace, harmony, and happiness.

Let us start with science. It lives from taking things apart and analyzing them. But what if the time has come when we begin to notice the underlying framework which ties everything together? What if there was a hidden web of connections that links it all together into a beautiful mindmap of discoveries? And now let me propose something else. What if the mental, psychological, and spiritual were one with the material? But just different aspects of it? Just different types of vibrational patterns that operate on a layer we do not perceive through our senses but rather as additional subtle information? What if it all could be described as constantly fluctuating waves creating the appearance of permanent objects? What if emotions, thoughts, and imagination were just as material as particles, but each had its own multidimensional layer to be in? Or perhaps it is all the same field, but each kind of vibration has its own unique key (perhaps a prime number as base frequency) to resonate and interact mostly with vibrations from the same theoretical layer. And somehow, the energy can influence other layers. Then, the thoughts of the minds and the emotions of the soul would be just as real and part of the material world as that which we are already able to measure. What if that energy no longer has to operate in the dark?

Now, what about the religions? This is a touchy subject, so please keep in mind that these are only my speculations in an attempt to find similarities between the big ones and suggest some unifying thoughts. If we could agree that everything that exists, ever has, and ever will, the universe, being, and existence itself, and everything beyond could be called god, then I think we might have some common ground to start with. Now, does that automatically make god an intelligent being? One with a personality? A supreme intelligence that is the creator of all existence? The dreamer of the dream of life? Maybe. Are there different beliefs about what the characteristics of this highest being might be? Definitely. But today, I want to focus on that which might unite us.

Let us say the mathematical model suggested above is correct. That would mean all these vibrations, particles, thoughts, etc., would be appearing in the same medium. An empty canvas. A blank screen. A void. Something that can't really be described or grasped since every attempt would be just some content happening within it. The ineffable encompassing everything.

Now, if we consider this infinite field as objective consciousness in its totality, it would be an absolute experience of singularity. Time would just be a value of information in this highly complex matrix. However, being in that objective perspective would mean having no experience at all because there would be no change over time. If everything exists within its totality, and if everything is in balanced harmony, then everything would cancel each other out over time. So, an experience outside of time can only be one of nothing or everything. Zero or infinity. But what is an experience, if not the observation of change over time? If there is no change, and all is complete, there is no time. If there is no time, nothing changes. No vibrations, no wiggles, only nothing.

So now, let us play with this idea. What would we do if we were this unbridled potential and had infinity to play with? Isn't this just like a lucid dream? A canvas to draw onto with your own imagination? Well, what would you do? Wouldn't it be nice to not only be playing around with some dead matter, but also have some other life going on? Wouldn't it be

nice to have other entities to interact with so you wouldn't be all alone? Or would you prefer to be alone? Consider this: if you were truly alone in this dream world, all you could play around with were illusions that are one hundred percent under your control. They are you.

Now, from a human perspective, such a dream world might sound tempting, and I can see how one might like to escape into such a world to avoid the mundane life they are living and experience something special instead. But what if that was all you could do? Nobody to share your experience with, nothing you can't do. Nothing you can't control. Nothing that surprises you. Nothing challenging. Nothing that could actually give you the feeling of having accomplished or contributed something. It might be tempting to play with the possibilities for some time, but how long until you get bored?

What would you do then? Perhaps you might begin to make yourself forget that you are the dreamer and give up control by dissolving the absolute perspective into separate subjective ones. What if you could fragment your own consciousness into several conscious agents, subversions of you, that don't know that they are dreaming? They feel alive and, therefore, think they are. Wouldn't it make life so much more compelling to experience it from such a perspective? What if you are doing that right now? Living surrounded by other aspects of you. That you don't control but can interact and cooperate with.

And now let me propose another idea. What if this meant that life was no real struggle to survive but a playground for your imagination? What if you made yourself forget that this was your dream, to lose control, to be frightened, to have some contrast to the good stuff? What if you made yourself afraid of life to make it a challenge? To have something to overcome? Your own fear. But what if it all was just a journey to return home?

What if all the dark times you had to go through suddenly become valuable once you see the light of life at its best? The highest mountains

are only as tall as the deepest valleys. No descension means no ascension. And what if the darkness of fear and the cycle of life and death was nothing but the first act in this grand drama the universe directs for itself, finding back to itself and its infinite possibilities? What if there was a way to find your way home to this elusive divine parent who lives through all of us? What if you could tap into that source of unconditional love and reclaim your own divinity? And I don't mean to become some demigod dominating others but to actually be in control of your own life by accepting your separate perspective of this unifying reality. What if your divinity can be found by unlocking your highest potential? What if you could become the best possible version of yourself by abandoning all fear and trusting in the love existence itself might have for you? That might look like a big leap of faith, but what if it was a continuous process instead of a single step?

What if you repeatedly had to bring the light of your conscious awareness to the conditioning of the mind and remove all the habits that were formed by negative emotions? What if you could consciously change your conditioning by acting in ways that are an expression of your best self? One that loves itself and loves life. Then, all that would remain would be unconditional love, to welcome the habits of your mind and judge which should live and which should die. A revelation of subconscious thoughts and habits that controlled your life from the shadows to be brought to the light of your judgment by understanding the conditions that influence your behavior.

What if you could abandon all negative aspects of yourself by developing a clear mind and a pure heart and, therefore, would be guided onto a path that is fulfilling to you? What you always wanted to do, but you never dared to live your dream because fear and doubt were holding you back. Now the question is, do you trust that all your suffering and possible failed attempts had a purpose and better times are ahead? Or do you doubt that the world will have your back? Is it better to make sure you work hard in a job you don't like to make the money that you need because you are afraid

of the consequences it might have if you don't? But what if challenging these beliefs is the only way to find out for yourself? What if doubt is one of those conditionings to get rid of, to have complete faith and surrender to the world? What if you could completely give up all control, trust that everything happens on purpose, that we are all in this together, and just witness yourself being the current best version of yourself? Breath. Release the past. It's just a nostalgic habit of the mind. Just go with the flow. Take in the present moment. Relax. Be grateful for being alive and part of this magical mystery of life. Welcome to paradise.

## **There is a mind dog pissing on my streamed life**

Your mind is like the comment section on your YouTube video. Or the chat on your livestream. You can pay attention to it, or ignore it. And when you pay attention to it, you are the admin. Suppose you notice thought patterns or comments that you don't like. You can delete them. You can ban that person and its negativity from your content. The more of these kinds of thoughts or people you remove from your mind or life, the more harmonious it will become.

But be careful and make sure that you distinguish toxic negativity from critical analysis because the second can be helpful. You might not agree with it, but it might give you access to a new perspective you weren't yet aware of. If you choose to believe it or not is your choice. You are that choice at each moment. So do yourself a favor and consider it, and have the humility to admit when you have been persuaded because then you will have learned something new.

By now, your mind will already have supplied you with your thoughts on the matter. What is the voice in your head saying about this text? Does it have an opinion or multiple? Or did your attention get distracted and you are not really reading these words anymore? Are you slowly drifting off into your own thoughts, memory, or whatever distraction to only occasionally return to my words?

*“Our minds are like a dog's bladder. Dogs pee on things that catch their interest so they can leave their mark on them, so they can put a claim on what they imagine is somehow theirs. When anything catches our interest, we think about it and overwhelm it with the smell of thoughts.*

*Just by thinking matters over we bring them onto our own level, make them part of our world — without even realizing what we are doing.*

*The art of not knowing how to impose ourselves on the things we see or hear or read is a hard one to discover. We are not aware that there are*

*secret ways of allowing them to penetrate and change us, rather than us always changing them. For this one, essential art no schools or colleges exist to teach us. Learning it takes either a long and lonely training — or just a few intense moments of searing honesty and sheer disgust with oneself.*

*I could take you straight to the pure gold in what Parmenides says. But if I were to do that you would give it some thought, have a pee and walk away.” — Peter Kingsley*

These words, were not my words. But did you experience any of your words? How often does your attention drift into the mind and away from the senses? How often do you not read, but think? Is your attention divided? Alternating? Or kinda blurry? Who is in control of that focus? Does your attention get drawn away? Or do you follow willingly? How often does it happen when you listen to other people? Or when you watch a video? How much are you actually paying attention, and how much are you listening to your comment section? Are you staying alert or wandering around in a daze?

Not that the comment section isn't helpful. We do like those positive ones, don't we? They make us feel good. They make us feel valued and appreciated. Supported and encouraged. They can give us hope, joy, gratitude, and laughter. Let us appreciate these positive and optimistic angelic voices. And allow them to heal those demonic voices of doubt and fear, hate and anger, shame and guilt, apathy and grief. May they tame our egoic pride while nourishing our self-worth, and give us courage to persevere. But if all you do is to pay attention to your chat while not actually doing anything on your lifestream, your viewers might get bored and leave. They came to watch you do something entertaining. So, what will you explore with them? What experience will you share with them? How could you get them excited? What content might they like? How do you want to spend your time? Does the comment section of your mind have suggestions? How much do you engage with your audience? Accept the haters with loving kindness, they only are expressing their inner pain,

but then tell them to kindly fuck off and only come back when they want to be polite and calm. Your stream, your rules.



## **Is there something more?**

A limerence for life's miracles lives in our heart's nature. Don't we all, deep down, desire life to be something bigger? But why do we dare to dream about a life that could be so much better? Or do we not dare, so that we won't be disappointed? But aren't we then disappointed about the idea that we shouldn't dare to dream? Disappointment guaranteed.

Unless, there is hope, that dreams do come true. And may it not be weakened by the fear of being endlessly baited, but fueled by faith that life does not want to see us suffer, but wants to see us strive. Yet, how will we strive? Why should we strive? Isn't it enough to just be satisfied with what you have? Well, be honest with yourself, deep down ... Are you really satisfied with your life? Like is this good enough? Or does it feel like there is something going wrong? Something that could be improved? Can you do something about it? Why not do that? Wouldn't that be satisfying?

Or do you have doubts? Are you worried things might go wrong? That your suffering will increase? That the dream will never come true and you will be disappointed? Well, if you don't dare, it definitely will never come true, and isn't that disappointing? It seems like you trapped yourself by disappointing yourself while trying to avoid disappointing yourself. Don't you wanna get out of there? Don't you want to dare to find out if your dreams can come true? Do you trust that the world wants to see you flourish? Like a flower in the sun, a bird soaring in the sky. What does a flourishing human look like? One striving beyond conceptual limitations to grow into their full unique potential?

Let me tell you a very simple trick to make it easy. Because you just might have scared yourself with how far away your dream still is, all the things you might have to do to accomplish it, and how challenging it will be. And that right there is why many people don't even dare. But don't focus on the goal. Focus on the next step. What is one thing that you could do to get a

step closer? Do that. And part of your dream will already have come true. Won't that be satisfying?

Take it easy, don't rush yourself by fixating on the goal, focus on the next step. And the next. Sometimes, a step needs to be some planning of your approach, but you don't need a perfect plan. You only need a first step! Execute the first step. That's it, already closer again. Want to take a break? Take a break. Maybe you could use it to think of another step that might feel satisfying.

And slowly, bit by bit, moment by moment, your dream comes true. But don't miss it. It's happening right now. Enjoy it.

## **The untamed potential of overthinking**

Are you one of those people who constantly analyze everything down to the most specific details? Do you often feel overwhelmed by your mind's deconstruction of past situations and simulations of situations in the future? Do you often lie awake at night, unable to fall asleep with all that processing power going on without pause? Then congratulations! You might be one of the lucky people who trained their mental muscles on a daily basis to an astonishing capacity. Involuntarily obsessively exercising your capabilities. But how do you harness this power? How do you learn to guide its force instead of being overwhelmed by it? The trick is a simple one, as the wise Rick Sanchez said, "*The answer is, don't think about it.*"

Now, that might be confusing for your analytical mind, which is now trying to understand this statement. Effectively ignoring what it told you to do while thinking about it. But what if you don't look at it as some witty remark that is to be understood and instead use it as a mantra to calm your mind down? It is all about awareness. First, you need to become aware of when you get into the process of overthinking something. If you are able to catch yourself doing it, the hardest part is already done. Then consider if it is actually serving you to relive this past moment or over-prepare for a future you can't predict. Take a deep breath. Are more questions coming up? "But what if ...?" Are these thoughts calm and analytical preparation? Or do they feel more like your mind is in panic mode, desperately trying to find answers? If it is the second, remind yourself of the mantra. The answer is, don't think about it.

It might be hard, at first, to let this habit go. It might respond immediately in a panic, telling you how important it is to think things over. But that is just the mind kissing its own ass. A thought telling you how important thoughts are. The ego stroking itself. You might feel like your life has been relying on it so much, that giving it up would mean living in a frightening state of uncertainty and lacking preparation. This might sound scary but

just stay with it for a moment. Embrace the uncertainty, relax, and focus on your breath. If it really is a topic that needs your attention, you can engage with it again. But on your terms. Don't do it in a frantic state of brute-forcing your way through all possibilities. Take your time, lean back, and let your intuition guide you. Which parts are actually relevant? What is in your control? Is there any use of spending time wanting to control things you can't control? How could you influence that? The answer is, don't think about it.

How often does your overthinking prevent you from taking action? How often do you not even get started on a task because you are trying to think the entire process through, obsessing over every little detail? At which point have you thought enough about it so you can start executing the task? Or do you often think yourself into potential possible outcomes you want to avoid, and therefore don't even start the task, although that potential is not even certain? It can become tempting to use your prediction mechanisms to think of an undesirable possible outcome and then use that uncertain possibility as an excuse to never even start. But then, how would you ever get anything done? The answer is, don't think about it.

Daily meditation can be a powerful practice to gain control over these analytical abilities. Just 10 minutes of breathwork a day can already have a substantial impact within a few weeks. Imagine you could normalize a peaceful state of mind and only engage with the processing power of your highly trained mind on your demand instead of having habitual thought patterns draining your energy by automatically analyzing everything in your day. What if you could tame those exhausting habits of mind without losing your analytical skills but transforming them to serve you instead of being dragged along by them? What if there is something your heart keeps telling you to do, but your cautious mind always prevents you from by constructing an excuse? Well, the answer is, don't think about it. Do it.

## **Life's logical loom is weaving a magic carpet of contradictions**

In the midst of free will and determinism, fate and fortune, choice and destiny, our illusory lives unfold. No exclusive or, but an inclusive. Just a matter of conceptual perspective. From within the system, the opposite might look like excluding, but what if it only just shows the dualistic nature of polarity? Even within the constructs of our mind. Now, let my words push you out of that framework into the space beyond. Let me guide you to a perspective where opposites harmonize, where they imply each other.

There would be no life without death, no black without white, no love without fear. But what do we do in this fog? How do we orient ourselves? We are so used to being attached to a conceptual perspective that we might be afraid to let go of the deceptions. By clinging to a point of view, you limit your perception. And if your point of view is immovable and fixed in a sea of possibilities, interpretations, and perspectives, your ignorance will be devastating.

*“Whoever deceives is more just than whoever does not deceive and whoever is deceived is wiser than whoever is not deceived.” — Empedocles*

Limiting yourself so far, that you don't even see your limitations. Being so immersed in the illusion that you illude yourself to knowing the truth. But the truth is not to be known. It is to be experienced. That is all the truth you will ever get, and all the truth there ever will be. The present moment with all its illusory content. Including the concepts and constructs of the mind. Including the ideas I am presenting. Just part of the show. But they don't describe a reality out there. They are embedded in it. There is nothing else, at least not from a subjective perspective. We are limited to our bubble of awareness and what is in it. That is our truth. Including the system operating in our minds to tell us what is true and false. Truth be told, that is truly what is happening at each moment.

Do you feel a tension yet? A dissonance? Am I pushing you away from a way of perceiving that you are so comfortably resting in? It is a good resting position, it is stable, it is logical, it makes sense. But the world stretches beyond the rational into the irrational. Mathematics is proof. Where does pi go? Can the mind grasp the infinite? No, because it is embedded in it. But not just it. Everything in our perception is. Stars in the sky. Or more like fireflies in the night. Some shine, some don't. Do we pay attention to those that don't? What is it with the ideas that live in the shadows? Are they not worthy of our attention? Are they not about to shine just as bright as the rest?

*“What I will tell you is which roads of inquiry, and which roads alone, exist for thinking. The one route, that is, and is not possible not to be, is the way of Persuasion, for Persuasion is Truth’s attendant. And as for the other, that is not, and is necessary not to be: this, I can tell you, is a path from which no news returns. For there is no way you can recognize what is not — there is no traveling that path — or tell anything about it.” — Parmenides*

The cosmos is a vast canvas of possible perceptions we can either consciously travel through, or we ignore part of the show, mostly living in the comment section of our mind. Where we comfortably rest in memories, predictions, and assumptions. Having our consciousness mostly immersed into the mist of our mind, we might miss the miraculous movie happening right before our eyes. We are being carried along a magical journey of existence. We are existence. From our own unique real perspective, and not just what we are capable of comprehending through our analytical capacities, but being itself. How often are we fully immersed into the present moment, and how often do we live in our head, deceiving ourselves with our own thoughts?

Now, for those comfortably resting in their mind, it has become the reliable control center of decision-making. However, if we hand over control solely to it, we decide to deceive ourselves. We limit ourselves to the rational. The reliable. That which can use the previously experienced to

predict the next. But can it predict novelty? Can it predict a surprise? Or will it always navigate around the trodden paths of the known? Then how do we innovate? Where do the new ideas come from? Do they live in the shadow already? What brings them to light? Do they appear by themselves, or do they need to be attracted? Are they given, or are they found? Both?

See, I am leading you around in another circle so you can step out of it. But that is your choice. Keep following the path, but don't be disappointed if everything is so familiar. It can be comforting and peaceful, but also mundane and boring. Adventures are to be found in the unknown depths of our hearts. We have to embrace the uncertainty of the unfamiliar. But we must not wander helplessly into the night, for we bring our own source of light. Our inner guidance. Our wisdom. Our intuition. Our hope. Our perseverance. Our faith. Our love.

If we embrace the gift of the present moment, by being completely alert, by paying attention, by accepting it unconditionally instead of through the conditioned mechanisms of our mind, we are no longer dragged along the same roads, but we discover the new. The now in all its fullness, including the mind, but from a broader perspective. One that includes. One that unites. One that flows continuously into the future. Always changing, never the same. What a surprise.

*“Talk about truth and you lose sight of it. Understand illusion and you will find the truth right in the middle of it. Create great philosophical schemes about reality and you fall straight into deception. Appreciate the power of deception and you come face to face with reality. Run away from deception, try to avoid it, and you are deceived.*

*But embrace it and you have reality itself. For, ultimately, the only protection against deception is to surrender to it. By wholeheartedly allowing ourselves to be deceived we are no longer deceived. And then we are just like actors. All we have to remember is that life, real life, expects us to act very well.” — Peter Kingsley*

## **Could you do me a favor and provoke me, please?**

You are fucking stupid. Did you feel insulted? Did you get defensive? No? Maybe perhaps it is because it was the beginning of an essay, and you didn't feel like you were being addressed directly. But what if it happens in an online chat? Or do you not get bothered by words that appear on a screen? Do you feel insulted when you get attacked verbally? When someone lashes out with insults and hurtful comments? If they get aggressive in their body language?

What are those people doing? Could they be hurting on the inside? Desperately trying to cover up their own insecurities and fears? They might think it is a demonstration of strength to cover their weakness, but isn't that ridiculous? They often will speak their truth while they are angry, but could it be a projection of their own insecurities through which they perceive you? They might be telling you how they perceive themselves. Pay close attention, and they might, for example, claim what you say is incomprehensible and blame you for it. But if they don't get it, then perhaps their intellectual capacities can't grasp the connections of your words.

And that is completely normal. We don't always understand how someone means something. We might have our first assumption of what the other person might be referring to and desperately cling to that interpretation. But how do we know that it is the only way to understand their words? How do we know, that we know the essence of what they are referring to? And are we making assumptions about their intentions and filter our interpretation through that? Are we covering our own lens? It will either click, and we know what they are talking about, or we don't see what they are describing from their perspective. We have yet to learn more details to recognize the structure that is being described. Language is limited by conventions and context. And not all context is always known to both parties. The person might be taking a shortcut around some details they



assume you know. And so you end up with something that seems vague from your perspective.

This means you have to ask more questions. But it should not be an exchange where there is only one objective truth to be found, because who should claim that authority if each holds a perspective that makes sense to them? It should be an investigation to understand what the other person means by what they are saying. What are they referring to?

Yet, people are afraid to ask questions. Perhaps because they might think it makes them look stupid. And, well, if you believe that there is an objective truth the other person knows to be true with absolute certainty, and that you don't have access to that truth, then you might be stupid. Did I get you this time? No? Or are your emotions not bothered by words? But what if you just have to shift your perspective to become more confident with your questions? Don't see it as they have a truth, and you don't. Try to figure out what they mean and how they mean it. Either, you are going to learn something from them, win, or you find a flaw in their logic, or some information that might not be accurate, win.

But don't attack them for it. People can feel hurt in their egoic pride if you point out their mistakes. Because it is often seen as a weakness in most of our societies. But it is not in my opinion. It is humility, a high virtue. I know, that I know nothing. I know, that I could be wrong with everything I say. It is the willingness to always learn more. An open-mindedness that allows for flexible adaptation and evolution instead of a fragile construct of illusory absolute certainty. Thinking you have figured it out completely is a thought that can blind you to more details and connections you are not aware of.

*“Blind certainty, a close-mindedness that amounts to an imprisonment so total that the prisoner doesn't even know he's locked up.” — David Foster Wallace*

But not many people have the courage to admit, when they don't know, or when they realize that they were wrong. Some of them might seem

stubborn, but perhaps that stubbornness is built on a stable foundation? Perhaps, they actually are very confident in what they are talking about, because it makes sense to them? Does it mean there is no flaw in their logic? I don't think so. But perhaps that flaw has not been relevant enough yet to be considered, so to them, their system, their framework, their worldview, has been very reliable. It helped them to understand something. To detect underlying patterns. To learn to predict and navigate the ocean of life. It surely got them this far.

So, if they have a working system, and you have a working system, then why not find a way to connect them? Instead of trying to replace one with the other? This perspective alone can shift your motivation in a conversation to become more curious and interested, from being argumentative and defensive. And I know, this is not easy. If our own system is so reliable, it can be frightening to step out of it into the unknown. We are so comfortable with our perspective, that we don't want to change it. It's not even necessarily stubbornness, it is completely reasonable. It is rational. However, rationality is the argument within the already known. So if it is the already known which convinces you to stay with it, well, that's the ego kissing its own ass. It is the known, using what it already knows to convince you to stick with it, because it is afraid of the unknown. You might have to release some of the known to accept something new.

Now, back to the topic. What is an emotional reaction to a provocation? Isn't it an attack of our own uncertainty? Do we believe what they say? Or do we question it? Do we take our time to consider how they meant it, and why they might have said it? Is their attack pointing out our weaknesses, which is good because being aware of your weaknesses is helpful and can encourage us to work on them, or is it a demonstration of theirs and an expression of their fear? Can we point that out to them? Do we dare? Or do we think they will react to our truth, to how we perceive things, with more hostility? With more protective deflection and distraction from the

ego that feels hurt in its pride by the words that were spoken by someone else.

But what if one could overcome this emotional reaction, integrate the ego, and appreciate every provocation of it, so you can slowly heal it? Every provocation that works reveals a wound in the soul. Are you going to embrace it and heal it? Or will you try to cover it up and hide it? Everyone who triggers us, who provokes us, shows us one of our insecurities, or theirs, or both. I say, embrace it. Learn to react to it with calm curiosity. Either you'll learn something about yourself, or you will learn something about them.

So why not use provocation as a tool? Poke at other people's egos and see what comes out? But be careful, it is not about hurting them, don't be insulting, but question them. Make them explain themselves. See how they will avoid your questions because they can't even explain it to themselves. That way, you actually help them heal. At first, they might get angry, but that is good. It gives them the energy to step out of their fear. They won't be afraid to speak their truth. They actually open up. It might not be directly in their words, but there will be some information in their reaction. Something honest about them. So, by subtle provocation, one might even be able to draw some subconscious habits out of the shadow. And I personally want to know about my mistakes. I might not be aware of them. Pointing them out to me is doing me a favor. It reveals my own flaws, and I would like to work on those. Please, show me.

So, go ahead, provoke me, question me, and take my logic and behavior apart. But be prepared that I won't make it easy for you to persuade me. I can be stubborn. Or was I just acting that way to tempt your shadow? Pretended to have a weakness to see who would be too eager to jump on it to demonstrate their dominance out of insecurity? How sure are you? Do you do it to win and make your ego look cool, or do you want a curious discussion, open to admit your own flaws? Is it fear speaking? Or are you so convinced that there is only your perspective and no other? Are you too afraid to acknowledge that deep down, you don't really know but just

pretend to? Because other people are saying the same things. But then you don't know, you just repeat stuff.

## **The insult — A pitiful cry for help without knowing why**

Yes, please, go ahead. Insult me. Hate me. Show me how your soul is hurting. Why are you bothered so much by me and my words? It would be healthier for you if you wouldn't care about me. You feel so bad about my presence. What I say angers you so much, yet, instead of spending your time with something more pleasurable, you keep your focus on me. You stay, and keep living in that hate, envy, fear, disgust, anger, and all those other uncomfortable feelings. You despise me and my words because of your own inner emotional turmoil.

Now, let me share my perspective. I see the way you live your life, how you suffer from your own conditioning, your bad habits, your negative thought patterns, how you are trapped in a prison of darkness. And all I'm doing, is reaching out a helping hand, by sharing my perspective. Yet, you hate me for it. But what if I actually know a way out of that darkness? What if I spend my own years in the cave? And what if all my words you hate me so much for are actually instructions you could use to find your way out too?

What if you could learn to live in a way where the words of others are no longer something that disturbs you because you have faced your weaknesses with self-awareness? What if you could learn to embrace the process of discovering them as a way of healing and improving yourself? Something you could actually enjoy doing. Something that gives you more confidence. What if all you have to do to live a more positive way is to learn how to know yourself? What if you could learn to be grateful for any weakness and flaw pointed out to you by others? What if you could become happier by changing what you don't like about yourself, instead of ignoring or hiding it?

But first, you have to become aware of those aspects of you. Your fears, your subconscious habits, your limiting beliefs, and you can go investigate those by yourself, if you truly want to take control over your life. Or even

better, find someone to point out aspects you haven't observed about yourself. Yet, some of them are buried deep in our psyche and will only be brought to light by situations that trigger us. When our emotions take over and make us act irrationally, it means some subconscious behavior is taking over because we made a habit of reacting that way. If it is a habit you are not aware of yourself, you will probably deny it right away. You don't know about it, so it can't be true.

Perhaps it isn't, and people are just messing with you, or perhaps this is just a distraction from the ego to protect its pride. Because the ego doesn't have any flaws. Especially not any it doesn't even know about. Right? Well, do you want to be a better version of yourself? More confident and satisfied with who and what you are? Then don't you want to know about the things you could improve? How you could bring your emotions into balance, develop emotional intelligence, and live a more harmonious and peaceful life? One that doesn't feel so stressful?

But it all starts with humility. That's how you tame the pride. First, be honest with yourself. You don't have to admit your flaws to everyone. But do yourself the favor of admitting them to yourself. Reflect on them, and you might find that becoming more and more aware of them is how you can consciously change them. This way, you can learn to avoid weak outbursts of anger, but appear strong by reacting with integrity and unburdened. Speaking your truth, with diplomacy and curiosity, and being willing to learn more. You don't want to appear childish with a tragic outburst of toxic insults. Stupidity is not the absence of knowledge, but the refusal to learn.

So go on, insult me, show me your insecurities, your need to appear strong, to assert dominance. Show me how you cling to your absolute certainties, scared to learn more. Show me how cool you are, how cold inside. But if you are willing to listen to me too, then I might be able to share some insights on how I warmed myself up. Which I'm already doing. Just read my words. The instructions are all there. You just gotta drop that negative filter and be more curious about what I might be talking

about with such arrogance. Or is it confidence? Stubbornness? Conviction? Just an artistic performance? A magic show? Utter nonsense? Insult me. Maybe you'll hit a nerve. I would appreciate it.

You gotta love those haters. That's what they lack. Love. They are afraid. Disappointed. Angry. And it has become a habit. They are caught in their own repetitive patterns of negativity. They feel attacked. Someone or something pokes at an insecurity, and they lash out. They get triggered. Unable to control their own emotions. Because nobody taught them how to unfold their love. How to embrace the emotions as friends instead of being controlled by the demons.

## **The mask we wear**

You are a person. Do you think that? Who is it that thinks that? Is the person the one creating the thought or the one witnessing it? Are they the same? Are they the person? What is that person then? Is it a perspective? The one from which one witnesses the world? Or is the person something through which one perceives the world? Is it the body your consciousness is living in? Is the person their life? Their history? Their habits? Is that you? Or is that your person? Your persona? Your mask? The role you play?

How much is real? How much is an act you put on? What are you hiding behind your mask? You know that it has holes, right? It might be subtle, but something is shining through. Something bright. The real you. Your full potential, the hidden flame of your passionate heart. Your libido. The powerhouse to unleash your capabilities. But you hide behind your mask. You kinda like that mask. You have become so attached to it. I get it. So have I. So what do we do?

Well, instead of trying to drop the mask, why not shape it? Consciously? Into something that is an expression of your true self? Your highest potential? The best person you could possibly be? Do you dare to try? Or do you believe you can't make it that far? Don't think about it as something far in the future. What's the best thing you could do right now? What does your heart long for? What would fuel its flame? What could bring you joy? If you don't know, could you do something that would bring others joy? Why aren't you doing that? Do you have rules about what your person can do and can not do? When it is allowed to do things and when not? Are you afraid to fail? Well, is not even trying also a failure? You didn't manage to do it by failing to start.

But why might we be sure that we will fail? Have we been disappointed before and can not dare to feel that pain of disappointment again? All those failed expectations? Or do we literally feel our dreams dying right before our eyes? But is that a reason to give up on our dreams? Or do we dare to



try again? Although we failed before. Although we got hurt. Although our mask took a crack. Tough shit. I know. But what is the alternative? Not living our dreams? Not daring to keep trying? Settling for mediocrity? Resting in our comfort zone? Secretly dreaming of adventures, of the exciting, of the daring, but frozen by fear. Being afraid to fail. To get hurt again. A risky choice, it seems. A leap of faith. Will we be caught? Will our dreams come true? Well, I know a sure way how you'll never find out. Don't even dare to try. Or worse, don't even dream of something better for yourself. Do yourself a favor and be honest with yourself. How happy are you? And what would freaking blow your mind?

## **An eye is wandering down the river of life**

Down the river we flow. In each moment, we are presented with a new gift right in front of our eye. A frame in a highly complex multidimensional masterpiece of a dramatic performance. An art show with a level of detail that can be breathtaking. If you pay attention to it. Real attention. Which isn't easy. It might be one of the hardest things to do. The hardest thing, perhaps. To tame your focus. We are so conditioned to operate on automated behavior that we don't even notice how much of our day is controlled by it. How many hours are just spent reacting to events? Just following our daily routines. Doing our tasks. And during that, where does our attention go?

Do we find ourselves remembering past moments? Do we grieve what was lost? Do we regret what we did? Are we embarrassed by our actions? Or do we look back with joy? Are we grateful for the good times we had? How often do we remember those? And how often do we remember the bad stuff? What if this is a habit that you can adjust however you like? So you can stop wallowing in self-pity, self-hate and shame. Because it is your choice if you want to spend time focusing on that kind of activity in your mind. And every time you pay attention to it, you will reinforce the habit of this behavior. The toxic thought cycles.

However, you change that habit, by first, becoming aware of it. Catch yourself when you notice that your mind is heading that way. Take a deep breath. And blow it all out. Shift your focus to something else. Listen to your surroundings. Feel the temperature of the room. Stay with the attention on your breath. Doesn't matter. Just get out of the mind.

If the habit is a strong one, you will need some patience. It will take repeated effort. But once you notice it and figure out what triggered it, it won't take much effort to unlearn it. It will happen by itself. Just observe yourself. Pay attention to where your mind goes. It might also have the tendency to go the other way. Imagining a specific future. It might be just

you imagining a conversation with someone. These kinds of habits are actually not that bad. Because you can practice how to express yourself. If you had to explain something you are passionate about, what would you say? Especially if you are a nervous speaker, this can give you more confidence in expressing your thoughts.

Yet, we can also have bad habits of repeatedly imagining negative outcomes. What if things go wrong? And we can even end up living in these imagined futures. Taking them for real. Feeling the emotions as if it were already happening. That's also a habit you can unlearn. Do you catch yourself doing that? Take a breath. Let it go. And now, imagine if that situation would unfold in the best possible way. Why not imagine that instead? Won't that feel better? Wouldn't this optimistic habit be at least a healthier one? Because do we really ever know how things will unfold?

How often do things unfold the exact way we imagined them? Maybe short moments, but entire situations? How good are we actually with our predictions? How often are they accurate? If your success rate at predicting is not very high, why get so scared by your predictions then? Or is your prediction a self-fulfilling prophecy? Do you expect things to go wrong and already approach it with that attitude? Might that cause things to go wrong? And how much time of your day do you actually want to spend in your mind, predicting future moments or remembering the past? And how much time do you spend paying attention to what is happening at this moment? And I mean besides your thoughts. Can you listen to an entire song and keep your attention resting on the sound? How fast until you're only half listening? Being distracted. Looking at something. Keeping your hands busy. How often do you close your eyes and just listen and stay with the music? And how often did your attention roam around while reading this text? Or were you paying attention? Fully?

It is as if the center of our attention, our focus, is an inner eye that can wander through the layers of our conscious experience. The sense, the thoughts and the emotions. The eye can dive into one of the senses. When we eat a piece of chocolate, we can focus on the taste of it. Close your

eyes. Take it in. Feel how the warm, sugary mass melts on your tongue. Do you notice that relaxing feeling of pleasure in your body? Chocolate. Damn. Good stuff. Or do you just cram it in while your attention rests on a screen, and suddenly, the entire bar is gone? Did you even pay attention to the taste? Or did you rush through the satisfaction?

Who controls your focus? Is it always you? Or does it wander around by itself? Attracted to whichever layer it tends to go to? How often do we pay attention to the other layers? What is your current posture? Are you sitting in a healthy position, or is your body actually telling you to adjust something, but you weren't paying attention?

You see, life streams endlessly past us. And we can point our focus wherever we want. We can zoom in and blur out the rest. Or we can zoom out, lean back, and take it all in. How often do you do that? And how often are you zoomed in on things? Are you doing it consciously or did your inner eye just wander there automatically? Are you even aware, that it is you who chooses what you pay attention to? The river continuously carries us into a new moment. We are presented with the gift of life right now. Not only in some distant future or some memorable moments in the past. Life is happening right now. Right here. Reading these words. Hey there. I'm the present moment. How often are you with me? And how often do you wander into my layer, which is your imagination? How often do you ponder speculations and assumptions? Diving can be fun. But don't drown in the river. Come to the surface. Take a breath and look around with your wandering eye. There is life passing by. You're gonna miss it.

## **The point of it all**

Where is it? What is it? Can we grasp it? Is it finite? Will there be a moment of realization? Of enlightenment? But what is light? Is it a point? Is it a wave? Both? A wavelet? A flicker in the web? A continuous process or does it end? Can we find that end? See it all? But what then? If we've seen it all, there is nothing else to see. We already saw it. Do we want that? Does that even make sense? An end of time? What would happen after? Isn't it, that this happening, this being, this existence is all there is? Why should it stop? It might change form, it always does, kinda what it is. Alive.

So what could be the point? Well, the only point I can see, is if you take all of it in its infinity and cram it into a singularity. Everything reduced to an infinitely small point. That's it. That's the point. It's all of it. All this stuff, going on all the time, is part of the point. Considering what the point might be is part of the point. Perhaps The Point. The entirety of it united as one. All of us, our perspectives of it. Our continuous journey through it, is part of the point. There is nothing that is not part of the point. All of this is essential. Every part of it. Every witnessed perspective. Every life. An integral integrated part of the point.

And you are your own point. A subjective perspective of the whole hole. Discovering it by riding the waves of time. So let's surf them. Let us ride the moment of now. Because that's what it is all about. Riding the wave on the peak of now. That's where the point is. Our point of view into the big point. And you even have your own remote to navigate around through curved spacetime. You are in control of some matter. Wobbles in the web. Your body. Equipped with antennas to explore all the wobbles within your event horizon bubble. And with our own generator of energy, the matter of our body comes alive. Our emotional energetic body serves as the bridge from matter to our mind to transform the low vibrational patterns of the senses into high vibrating patterns of the mind.

Which allows for a simulation of the input within our imagination. Within the dream, the brain creates from its input. Through its own filter system. Because it has preferences. Some signals are relevant enough for conscious attention, the rest does not even appear directly in the dream and gets handled by the subconscious processing. And what controls that subconscious processing? Where did these habits of mind come from? Did we choose them? Are they informed by our beliefs? Our worldview? Did we choose that, or was it given to us? Did others tell us what to believe, and we just accepted it as facts? Be that something about us or the world.

What if you were told as a child, that you are dumb, and because it was told to you by someone you considered smart, you believed it. And perhaps there was something you weren't as good at as others in your age. But a kid's brain is like a sponge and just swallows everything from its surroundings. A kid who grew up in a home where complex topics and scientific ideas are discussed will already have a certain vocabulary and familiarity with many topics. Some kids already learn to write even before school.

If you were not this fortunate and grew up in a household where the TV ran most of the time and your parents often had loud, emotional fights because of the dumbest things, how well would you compare to that other kid? The one that continues to learn new stuff even when school is over. And then these kids get taught for a short period and are supposed to do equally well on a test. The first had help from their parents when they were learning, the second didn't. Now it is obvious the second kid will get a lower grade, isn't it? And it will compare itself to that other kid, not considering the circumstances. Just thinking that it must be dumb. And that belief will get reinforced over and over again.

Once you believe that yourself, how much do you stress yourself when you have to learn something new? How afraid are you of the shame that comes with being graded low in the competitive environment of most of our schools? Will you ever be able to catch up with the other kid? Is this fair? As if the game had been rigged from the start. We can't do much

about the circumstances children grow up in. That is the responsibility of the parents. But we could start treating children more like human beings with a unique background, preferences, talents, and tendencies. Comparative normalization does not help anyone. But these are just my beliefs. The conclusions I drew depending on my filtered experiences.

We all have our filters. Focused on the conscious, blurring out the subconscious. But how much of it was formed by our upbringing, and how much was shaped consciously? How many limiting beliefs linger in our mental library? How many facts are accurate? How many behavioral thought patterns happen without us noticing them? How often do we get controlled by our habits? And where is the resting point of our focus? What is your default mode? Do you spend most of your time focusing on the input of the senses? Do you get attached to your emotional state? Are you living in your mind? Do you sometimes lean back and observe its behavior? What habits does your center of awareness have? What does it get drawn to automatically? And who could even observe that to find out? You? How often do you ask yourself, where is my point right now?

## **How do I interpret my interpretations?**

How do we know what somebody means and how they mean it? Can we even know that? Is there only one possible interpretation of it, or could we see multiple? Or do we always jump onto our first as if it was the truth? Are we making it easy for ourselves or is it just always the most obvious interpretation? How often do we question our own interpretations and assumptions? Do they have a default flavor? A tendency? Are we optimistic or pessimistic? Believing or skeptical? Are all these questions annoying, or are they thought-provoking? Exhaustive or exciting?

Can I grasp your attention by asking further questions? Are you getting drawn into it? Are you captivated by this journey of words? This experiment of ideas? Or are you confused? How often do you reflect on these things?

It seems rather important to me, to be aware of your tendencies because we can taste their flavor every day. It enriches every experience. But do we like its taste? Wouldn't it be less stressful to be more relaxed with our interpretations, and instead of letting our certainty blind us to other possibilities and make us desperately cling to one, we could consider several with open-mindedness?

Once we do that, we can see several different possibilities, and as long as we are uncertain, all angles should be taken into consideration to fuel our curiosity. Don't we want to get it right? This could be an exhaustive state at first, but one can get used to it. Living in a cloud of mystery. What does your heart tell you? When faced with several interpretations, which one is your favorite? Which one feels best? Why not have faith and go with that one? Or are you pessimistic about optimism? Do you have doubts? Has the road been too hard? Is the flame of hope barely alive?

Well, turn it up then. That's your responsibility. Nobody else is gonna take care of your faith. You have to believe in yourself. You have to believe in



the good in the world. You have to believe that things can get better. Who else will do it for you? Chin up. You can do it. I believe in you. But you gotta do your part. Habituate optimism, and you will see things get better. At least your mood will, and that can have positive consequences. Do you believe that? Do you trust me? How do you interpret this text? Is it an exhaustive waste of time or an eye-opener?

## **Faith of nothing**

Let me talk about the opposite of something. And I don't mean everything. I mean the other end. Nothing. A vast infinite darkness stretching out eternally. The dark screen. The empty canvas. Unbridled potential. Endless possibilities. The night through which the light may shine. Did it disappear when the first light appeared? Or is it still there? Untouched? Does a screen disappear when you turn it on? Or is it still there?

That serene silence, palpable peace, motionless mobility, allowing all. Everything appears out of that nothingness. Appearing meaning to come into sight. Which seems to imply someone to see it. So, the observer and the observed appeared at the same time, apparently. They can't be separated, it seems. They imply each other. They are one. Just two opposite ends. There might be an absolute perspective of all there is and ever was, but it seems that we are just a fragmented, subjective portion of it, looking at the rest of us from our personal point of view, wandering through time. Carrying our mask. The role we play. Integrated into the movie running on the screen. Or is it a video game? Are we active agents? How could we know? If we would know, how can we be sure that this knowledge was not given to us on purpose by the determining force of nature?

Or, what if we are an integrated part of that process of determination? Then, our choices actually matter. Literally. They influence how matter behaves. The matter of our body. And with that we can influence other matter. Consciously. Physically. By power of will. There seem to be predetermined limitations, yet it appears that we have a range of possible options at each given moment. Are these plausible paths just part of the illusion? Perhaps. But if everything is an illusion, then the illusion is our reality. So, in this illusory life, we have the illusion of choice. Within these bounds it seems to be real then.

Does this mean we are responsible? For acting well? To do our part as best we can? Are we allowed to wander off the given path? Is there even one? Or are we free to choose the direction we want to head? Can we choose what to believe and what not to believe? Who else would do that for us? Seems like that is our choice. In what do we put our faith? Do we believe that nothing is real? And I don't mean nothing, as in there is no real thing. I mean the nothingness that permeates all. You know the one I'm talking about. Do you know nothing? I know nothing.

So, it seems there is a dance happening between the self and the other. The light and the dark. Nothing and everything. And we are caught in the middle. Predetermined emergence of conscious agents with limited free will. So, what is it about? Are we free to dream and choose our own path, or are we just free to delude ourselves? To conjure imaginary deceptions to veil the mandated reality, we have to suffer? Or could our dreams be the escape to our mundane lives? Can we have faith that the only thing guaranteed is continuity, and the rest is up to us? Is the only limit our imagination and the time delay for its materialization?

Then why do our dreams do not come true? Did we stop believing? Did we settle for less? Were we impatient and chased something else? Whose choice was that? Why did we lose faith? Was the suffering too much? Were we too afraid? And now we suffer from not achieving our dreams, because we don't even dare to dream big. But what if nothing doesn't care? And just gives you what you believe in? What if you are that free? How would you find out? If you really wanna know, you gotta try it yourself. No way around it. Do you have faith that nothing will stop you?

## **The cosmic joke**

I know that I know nothing. So if I know that, then I do know something, don't I? Is it a joke, or profound wisdom? Who knows? Is it a statement to claim that there is nothing to be known? Or does it mean to say, that one is familiar with the nothingness behind it all? Both? Or does it depend on the context or the person who said it? How they meant it? Does the statement hold an objective truth, or is that impossible due to the contradictory way of interpreting it differently? If a sentence has layered meaning, further investigation of its context seems to be required to get to the essence of the statement. Because the truth does not lie in the words, but in what they refer to from the perspective of the one speaking them.

Now, that means that we should try our best to make sure that we recognize what others are referring to. Perhaps we already know it, and just need to find it in our own understanding. Or we might know it partially and then only need to integrate the new details from the other person's statement. Allow the exchange of words to expand the crystalization of our understanding. Especially of each other. We can be so quick to jump to the first interpretation we have, thinking it is the only possible explanation. But it seems that the system of logic itself allows to turn every statement on its head, and present a contradictory case. So, how do we know anything?

Or did we only build our so-called knowledge on trustworthy information? But isn't it already filtered through our subjective interpretation of that information? How many details were blurred by our bias? Did we actually pay attention or fill in some gaps later by automatic assumption? Were there actually several layers of meaning on purpose, and did we only grasp one? How much are we willing to investigate further, and how do we actually settle for something so that we can move on?

Choice. What do we choose to believe? All these questions and options. Yet, why do we seem so eager to settle for a logical conclusion with

absolute certainty? Why not settle for a relative certainty? A perspective built on the belief that you could be wrong about everything but are relatively certain that your understanding is quite reliable since it has brought you this far. Can you rely on your beliefs and interpretations, or do you often feel like you are on the wrong track? Where things don't feel right.

Why does that happen? We see or hear some information. We interpret that information. Make assumptions about what it means for us. What situations it could cause. Imagine those situations and then feel what those situations would feel like. But we feel it right now. It hasn't happened yet. However, if we have a skeptical and negative tendency, we might have bad feelings because of what our imagination created based on its assumptions and predictions. What is that for? Is it a warning system that precautions must be taken to avoid the situation? Well, that's good, then. So, no reason to already feel bad. We can now use our imagination and look for an alternative interpretation. Maybe some of our assumptions are wrong. Can we find more optimistic assumptions that will produce a more optimistic unfolding of the situation?

Now, if that is possible, it seems that we are faced with options. How do we know, which is true? What if, deep down, it is actually up to us? That we choose which option we want to believe in and then attract that possible future through our behavior. Step by step, we subconsciously navigate towards future moments that will feel how we feel inside. And when we have habituated a negative perception of things, we maintain an inner state of negativity. Possibly attracting more situations to confirm this narrative we tell ourselves.

But what if we are actually active co-creators? Are faced with possible options. Those that we could persuade ourselves of, and then can either have faith it will all work out, or be afraid that things will go wrong. And what if these timelines both exist in all kinds of variations, and we navigate through them with our inner state of either faith or despair? Confidence or doubt? Well, it seems that the mind is capable of adjusting

the habits of our interpretations. So, when we know, that we can have several ways of seeing things, then we know, that we actually know nothing. It gives us an open-mindedness that allows us to consciously navigate toward situations that raise the vibrations of our inner state. Situations that feel right. Is that possible, or are we just victims of our circumstances and doomed by fate? Well, I don't know. But I'm curious to find out. Step by step. Seems to work. Kinda.

The thing is, do you want to work on things, so you can be happy in the future? Or do you want to do things so you can be happy now? Why not now? It's the only real time you have. The rest are just assumptions that could be wrong, moments that will never happen, and memories that only have a certain biased degree of accuracy. Why live in that fog? Why not live now?

And yet, this use of our imagination, be that remembering or creating, is something that we do in the now. Always. There is no escaping the now. We can only shift our attention, our focus. Either on what the outer world is delivering through the senses, how our body feels, what our emotional state is, or the activities of the mind. So, it seems that this prediction mechanism could be an essential part of navigation. Or we can leave it alone and trust that the world will always deliver what we need. But what if it delivers those imaginary predictions? Aren't we then already allowing? Yet still wondering how we could allow this? And then, is that wondering also being delivered through our passive allowance or conjured through our active engagement? Do we need to actively choose our predictions, or do they find us? It seems we have two contradicting perspectives on free will here. But how do we know?

Well, what do you choose to believe? And if you are the one choosing what to believe, aren't you already proving your free will to choose? Or is that process of choosing a mere illusion predetermined by nature? How confused are you by all these questions? Are you getting mad and want answers? I apologize, but I don't have any. I know nothing.

## **Liberating liquid gold**

Open the aperture and let it flow all through. Drop by drop, inch by inch, moment by moment. Driven by a longing, a desire, for change. And it has to be that way. There always needs to be a longing for change. It started long ago. It is what being does. Change. Yet do we cling to the desire, or do we enjoy the change happening right now?

What do we do when our desires are met, do we long for the climax at the end? Or do we enjoy the process? How do you listen to music? Are you waiting for stuff to happen, or do you experience what is happening now? Is the song about how it ends? Are we satisfied when our longing gets fulfilled, or will we automatically long for more?

## Flickering peace

Faith gets born with a tingle. A tiny spark flickers within. A what-if dares to dream. And what happens if you nourish that flame? If you let it breathe? Can you get it to grow? How would you do it? The answer is, don't think about it. Breathe, and focus on your breath. The more I'll say, the more I'll just complicate things. But some people like to delve deep down into the complications of life to discover its simplicity, so let me continue to complicate this absurdity. The seeking mind strives for a climax or final conclusion while it can never meet what it is looking for within its own system. The joy of the present moment is what gives rise to it. Thoughts can't catch their source.

*“Just so long as you can be talked out of yourself, you deserve to be!” — Alan Watts*

Symbolically captured through the snake biting its own tail. A paradox for the mind to kick you out of it. Lean back and observe it struggling with this absurdity. And you will have found what your mind is so desperately looking for. Inner peace. But it can't find it, since its own activity is the disturbance of the water looking for itself. So, let me exhaust your analytical mechanisms to give you some rest in the serene presence of now. Lean back within and take a look around. Are you actively following these words with your eyes, or is it happening by itself? What does your mind think? Does it have an opinion on which perspective it prefers? Let me guess, is it the one where it thinks it is the one in charge of your eye movement? Do you leave that authority with your mind? Or is it your authority? Does your mind control your focus, or do you? Are you your mind? Is your mind you? Don't mind me, just walking in circles here.

So let me spin another time, and down we go again. Or was it up? I do not know. Depends on who you ask. So we detach from the fragile structures of the mind, just to find ourselves in the space out of which they emerge. And can't help but think, that the content of the space kinda seems to be



the point of the space in the first place. Ironically, meditation usually aims to lead you to that quiet space within, yet the point of the space is the content it allows to appear within that space. So we go inside, to take a closer look at the outside. We retreat within, and our perspective widens. One might think, that this increased input might be overwhelming, but that's just a thought. A little bit of content flickering in one corner of the screen before it fades away again. That thought is already gone again. Actually forgot what it was. Do you remember? Do we now create new thoughts that are formulating our worry about losing a thought?

*“Last year I had a little problem come up with my life, a conflict I had to deal with that I didn’t want to deal with. It was hard to deal with and I had to. So I go to my friend Woody (Harrelson). Thoughtful man and friend. I said, ‘Woody, you know you always seem to keep it pretty cool. What do you do when you got a problem or a conflict that comes up in your life?’ Being my good friend, he thinks about it for a minute. He lowers his head for about 15 or 20 seconds. He looks back up to me and looks right into my eyes, deep into my soul, and he says, ‘I just forget about it.’ ” — Matthew McConaughey*

Don't worry, be happy. Hakuna Matata. The problem-free philosophy. Perhaps that is inner peace? When we unlearn the habit of worrying and just have faith all the time? When we surrender to the present moment and accept it in its fullness, have we found bliss? Is what we are so desperately longing for to be found right here, right now, but always? Just take a deep breath, and don't worry about it.

## **You never know**

Many of you might already be familiar with this tale, but let me tell it again. There was a farmer, and one day, one of his horses ran away. He likes to meet with his neighbor in the evening, and so he told him about it. The neighbor, sorry to hear this, said, “Oh no, how awful.” But the farmer said, “You never know.”

The next day, the horse returned. And with it, another two wild horses the farmer was able to capture. In the evening, he met his neighbor again and told him about it, and excitedly, the neighbor said, “Wow, how great that is. How lucky.” But the farmer said, “You never know.”

On the following day, the farmer’s son tried to tame one of the horses but fell and broke his leg. When the farmer told his neighbor, he said, “Oh, how terrible. So unlucky.” But the farmer said, “You never know.”

A few days later, the military came to draft a young man for the war, but the farmer’s son could not come due to his broken leg. So when the farmer told his neighbor, he said, “That is so fortunate. How lucky that was.” But the farmer said, “You never know.”

How do we know if something is good or bad? What if, only at first, it looks bad, but it actually turns out beneficial for you? What if something first has to leave to make room for another? Something better? What if the suffering has its benefits? What if all the pain and anguish will make us stronger? Will it make us resilient? Does it have its purpose? That is the thing with hope, once you start, you can get addicted to it. Is it an illusion? You never know. Am I willing to give it up? Fuck no. Why not? Because you never know if it might be required.

## **Can we save democracy?**

Now, what is democracy? In its ideal form, I would say it is the election of the government by votes from the governed. So the governed can select those who represent their interests and needs and implement what is necessary to ensure these. But does it really work that way? How far away have we drifted from the ideal? Has it become only an illusion? Did it ever work? I believe so, but it always had to struggle with its own flaws. In this text, I want to talk about some of the flaws that I have noticed and what could be done about it.

First, we have the governed. Are they actually qualified and informed enough to distinguish what political actions would benefit them or not? I would argue that most people are not, and that is okay. They don't need to. That is why we have so many representative democracies. Where people who should be qualified are trusted to be able to make informed decisions for their voters. But are our politicians qualified? Do they need any qualifications to hold an office? Does a minister of defense need to have served in the military to know what they are in charge of? Does a minister of finance need an education in economics? Does a minister of foreign affairs need to be trained in diplomacy? Or does the winning party just put people into these offices, independent of their qualifications? It seems like the latter seems to be often the case, not always, but often.

So, how did they get elected? How relevant is their qualification for the job, and how much is decided by their media presence? Is it more important that they know what they are doing, or has it become more relevant to be charismatic and likable? How much do voters even care about actual policy? How much do they even know about it or understand any of it? Are they even qualified to distinguish which politician will implement policies that are in their interest? If the majority of people are stupid, they will make stupid decisions.

So it seems that a good education and access to information are essential to be actually capable of voting for your own interest. But can we guarantee that in a democracy? Should we limit our votes to an educated class? Who will then represent the uneducated? And it gets even worse. If it was only for the lack of access to information, it would be a solvable problem. But the opposite is the case. We have access to so much information nowadays, and it seems to be getting harder and harder to discern which information is accurate and what is propaganda and misinformation. We all live in our digital bubbles and don't even see the information others are provided with, which nowadays already can be the exact opposite of what we see. Highly accurate algorithms directly target individuals to feed them misinformation and manipulate them to vote in a certain way. And if they aren't aware, that the information they base their decisions on are lies, can you blame them? But then, are the people actually in charge?

And it will only get worse. With AI technology, the fabrication of videos and images will become seamless, so it won't be long before it becomes impossible for the majority of people to discern if a video they watched was filmed or generated. If it isn't already happening. How will we verify any information? How can we know a politician actually said something, if we weren't there live and saw it happening ourselves? Hello 1984.

So, if the people are mostly being manipulated, whose interests are really being implemented by the governments? The message from the politicians is that everything they do is in the interest of the population, but is it? Of course the most important thing nowadays seems to be the economic aspects, and politicians will argue how these will benefit everyone. And in a way, they do. The flow of money is important to get anything done. But how balanced is it? How much are policies actually benefiting the workers or children and elders? And how much is designed to make those who let others work for them increase their profits and influence?

Corruption used to be illegal. Now, we call it lobbying. A politician should not be able to be influenced by money, yet we have designed our democracies in a way, where you won't get far as a politician if you don't

have people providing you with money. Or, in the case of the EU for example, you can be a politician and lobbyist at the same time, so much for conflict of interest. And if you don't have the cash for a campaign, you won't get much media presence, and you probably won't be elected. So, how do you get the money without corruption? Yes, you can hope for donations from your voters, but what if they don't even know about you? So you might have to talk to individuals with money. Business owners. Rich people. But why should they give you any money? They want to profit, so they will only support those who implement policies from which they can benefit. Yes, there are selfless wealthy people who will gladly donate to politicians who will do things that are good for the people and the environment. But how many rich people are like that? And how many are driven by greed?

And who wants to be a politician nowadays anyway? No matter your stance, the more you fight for something, the more hate you will get from the opposition. Your entire life will be the focus of the media, and every little misstep will be torn apart on many channels. Even your success will be framed as a failure, and people will hate you for it. Not a very tempting job, it seems, unless you do it for the money only. Can't get elected without money. Hate for what you doguaranteed. And how much of what you will have to do actually will align with your own opinion, and how much of it will be to follow the policies of your party, which you are depending on in most cases? How often do you have to do things to keep your financial contributors satisfied instead of doing what you think is right?

So why even bother? Especially if the opposition will do their best to undo everything you implemented after the next election when they take over? Democracy. That which is supposed to keep us all together turned into something that separates us. It has become a competition within the government that spreads into the population. Us against them. But aren't liberal and conservative forces designed to cooperate? Shouldn't it be a balance of novelty and preservation? The left is trying out new ways to

improve the system, while the right will protect those that already work. So, if a new idea is better, then it should be continued, but if it isn't, then we should return to the last stage that worked and try again. An act of balancing individual freedom with restrictions to protect the individual. But how much do politics actually care about the individual?

So, what do we do? We have unqualified politicians, corrupted by lobbyism. Uneducated and misinformed voters, manipulated by propaganda. And a system that seems to be controlled by interest groups with money while pretending to be a democracy. And who do they depend on? The banks? Who is in charge of those? Where does the money come from? Who is in control of that? Who elected those people? All veiled by intransparency and misdirection. How often does the media focus on this? And how often do they distract us with things that aren't even relevant to our personal lives?

If things stay like this, the future looks bleak. Digital companies will be controlling the flow of information and be able to keep us all in the bubbles they need us to be. To continue to fuel the fight between left and right, so it doesn't become obvious that it is actually a suppression and manipulation of the poor by the rich. And yes, we aren't all that poor, the middle class is doing okay. But is okay good enough? Couldn't things be so much better?

Now, let me cheer you up and give you some hope by sharing some ideas on how these problems could be addressed. First, if we are not happy with how things are, we have to act. We have to do something. We have to get involved. It will be challenging. It will be difficult. It will be dangerous. But who else is going to do it? Do we just accept the way things are? Or do we do our best to improve things? To create a world we are proud to be part of, something we can hand over to the generations after us, knowing we tried our best.

Here are some ideas on what we could try. They aren't perfect, but perhaps they are better than what we have now. So first, start local. Don't go big.

You won't change the world all by yourself. But be a positive influence on your community. To battle lobbyism, we need more unions. And not just of workers. All kinds of unions. Unions for parents, unions for students, unions for villages, unions for artists. We have to create our own networks and become active participants in the decision-making process. We need to be brave and become politically active on a local level. And if you can, run for office. No need to rise through the layers. Stay local. Be the change you want to see.

And what if we could change the system so that we can digitalize democracy? Make it more direct. Make it way more transparent. What if people could become more involved in local decision-making? And give you a transparent overview of what is going on. Instead of having to drive to town hall meetings, you just have an app that will inform you about all local decisions. That will provide you with verified information, give you time to form an educated opinion, and then allow you to comfortably vote on your phone. What if, instead of only politicians, local experts could volunteer to be in charge of a local project? So that specialized experts could compete for that temporary job and get paid for it. However, they could be elected by the local population instead of being selected by local politicians.

And we really need to address the economical greed and this constant need for growth and expansion. There are already many models being implemented to shift from a growth-oriented approach to a more sustainable way of doing things. One that preserves natural resources and areas and produces less waste, trash, and pollution. But I won't go into the details here. There are plenty of experts who know way more about it than me. Just look at countries that shifted from having the GDP as the measure of success to something more relevant to the population.

Which brings me back to transparency. If all the money flow, every politician's bank account, every finance for projects, the production chains for all products, all of that would be openly documented and accessible, it would at least become more difficult for people to be tempted into

unethical actions and egoistic self-enrichment. But who is going to implement that?

And here we come to the actual root of the problem. The human ego. Our conditioned self-preserving behavior. Our ethics and integrity. It seems that everything that has a way to be exploited will be exploited by someone. If there's a trick to save some taxes through some loophole, people will do it. And I get it. We all gotta make our way somehow. But if there are ways to funnel millions of taxpayer money into your personal account and not even get punished for it, things are going wrong. Yet, people live so much within their conditioned minds that they don't even notice the guilt in their hearts and continue to live their empty lives of greed, endlessly craving material satisfaction.

*“We think too much and feel too little. More than machinery, we need humanity; more than cleverness, we need kindness and gentleness.” — Charlie Chaplin*

Since Aristotle, it seems that a majority of the Western world has forgotten how to get in touch with their emotion and just rationalizes everything. Common sense was twisted into logical conclusions. But if we only act logically and rationally, without listening to our hearts, we just act like machines. And we are so afraid to do so. Understandably. The majority of people are kept in between the states of fear and anger. (referring to Hawkins' map of consciousness) If they drop lower, they become apathetic and stop working. And if they get above anger into courageousness, they might start questioning the status quo and start doing something about it. So it seems quite obvious why the media is focusing on scaring and dividing us. It keeps us occupied with fighting each other instead of waking up to the mess humanity has created. This perversion of a system that is supposed to protect us but has become a means of suppression and exploitation.

So, after all these technical ideas, let me propose something even simpler, that in the long run might be the best way to success. Open your heart.



Love each other. Encourage each other. Follow your dreams. Be courageous. Speak up. Try your best to change what is not working in your life or community. Be an inspiration for others. That way, we slowly raise the average level of consciousness out of the negative spectrum and into willingness, reason, and love. And maybe, we can mobilize enough people to change democracy to something we can be proud of. It will still have its flaws, but the way we seem to be heading right now can't be the future that people actually want.

## **A mandelbrodian tree**

Let me do another dance to poke at logic's flaw and the borderline of perception. Are we convinced we truly know it all? Or is the root of logic's web a paradox itself? Do we have free will or not? Is the Or an exclusive Or? Why do we never clarify the distinction between the exclusive Or, and the inclusive while we speak? Every programmer will know the difference. If you say to a programmer, it is A or B, he will know, that A and B can be true at the same time, although they are distinct. Yet, in logic and communication, we humans usually tend to go for the exclusive Or, where it can be either A or B, but not both.

Free will or determinism? Yes. Both. Why not? Isn't it just a matter of perspective? From the perspective of matter, it seems obviously predetermined by the laws of physics. But is it a fully predetermined single line that will be followed, no matter what? Or is there some wiggle room within the predetermined system? Is there such a thing as a choice? Or is it an illusion? I think the correct answer is yes. Just a matter of perspective. And purely conceptual, because ultimately, we have no fucking clue. We simply can't. We can think that we have free will, but how do we know that thought was created by us and not given? Or was it both? Created through a given system?

The main question will always remain, what do you choose to believe? What others tell you? Or the conclusions you made yourself? Can you entirely rely on either? Can our conceptual abstraction be a fully accurate description of reality? I believe so. Will we ever know that there is not going to be a random variation to each constant or rule? How could we? We can only make claims for the tiny span of time that is our existence. And beyond that, assumptions. Not saying, that I don't believe that a lot of our scientific assumptions nowadays are quite accurate. But how precise are they? How complete?

**1D** What if what we call the material is just a low vibrational layer, and emotions and thoughts are just as physical, just operating on a smaller scale? Perhaps within the Planck length? Think about it. If we start one-dimensional. We draw a line. Could this be gravity?

**2D** Now, if this was not a line, but a circle, we were looking at from the side, would we notice a difference? No. Only when we shift our perspective can we see things differently. And suddenly, the one-dimensional line actually captures a two-dimensional surface. Or, instead of changing our perspective, we could fixate our line at the center and rotate it around that. And from a line, you get a circle. Perhaps time, with its real and imaginary dimensions?

**3D** Let us do the same with the circle. We take a diagonal axis and rotate the circle around it. So we get a sphere. A volume within a surface. So, where would the fourth dimension be? Surely something within the volume, right? Like the line surrounds the surface, the volume surrounds whatever happens beyond. It is as if it must be something twisted into space. Something three-dimensional space is only the surface of. Or rather, something embedded into six-dimensional curved spacetime.

**4D** What if the four-dimensional was energy? Would explain vacuum fluctuation if energy can spin into a fourth dimension. So we have waves.

**5D** Now, what happens within these waves? Could it be that standing waves can create the appearance of something permanent? Something stable like a platonic solid? Could this mean that particles are five-dimensional structures? But we can only observe their three-dimensional hologram, for now? Just a thought. And isn't  $1*2*3*4=24$ ?

**6D** So, from here, we can assemble bigger structures. Atoms. Six-dimensional structures that can be used to assemble molecules and so on. It happens that there is a stable structure with six carbon atoms that might play an essential role in how consciousness interacts with matter. The benzol ring. You find it all over the place. Microtubules. Psychedelics. And  $1*2*3*4*5=120$  ... Just saying. But what do I know?

**7D** So, next higher dimension, a seven-dimensional force that can consciously interact with matter. What could that force be? Life-force perhaps? Chi? Coincidence that we have 7 chakras? Centers of energy? Our emotional, energetic body. And what if it was something that lives in every cell? Could cells be seven-dimensional structures?

**8D** Now, we have left the material, and I can only speculate, but I'll just present my hunches. This is just a theory. Opinions of a mortal. But to me, it seems reasonable that once we have living cells, we get to organisms as eight-dimensional structures. Organisms have to develop an instinct. What if our instincts are actually eight-dimensional structures or, rather, vibrational patterns? A form of communication between cells?

**9D.** Some creatures even develop further into intuition. An organized coordination of instincts and emotions. Making this the nine-dimensional realm.

**10D** Now, that we actually have emotional beings that organize in groups, we get virtue. The harmonious ways of life one can attune to. To go with the flow, living a virtuous life. A leopard that spares a freshly born gazelle. Now don't tell me that isn't compassion.

**11D** So some animals get even luckier, or not, depending on who you ask, I guess, but they get a mind. An eleven-dimensional structure to extract patterns from all layers and simulate their blueprints through analytical observation by turning them into electric fluctuations in the brain. Or something like that.

**12D.** Once you have a mind, you can detect narratives and the bigger picture. Events unfold as if part of a coherent story. This is just speculation, but it seems that the twelve-dimensional realm might be one of the archetypal patterns and symbols of the psyche.

**13D.** With all that, we are given a canvas to draw on. The thirteen-dimensional layer of our imagination. A space to create our own holograms. To remember, or to predict. We conjure images into our mind's eye.

And what if this layer was linked directly to the imaginary axis of time? What if your imagination is literally traveling through this hyperdimensional crystal to explore our possibilities? Sure, our predictions can be very inaccurate, but what if we could ensure accuracy by consciously filling in more details, to make out a way to our perceived goal? Just make a plan.

Or is all this knowledge useless and we are just being carried along the predetermined path? Even the making of the plan, just written in the script? Is every perceivable intersection just an illusion? All just one straight tunnel? Or is this world some Mandelbrotian tree with endless possibilities to explore? And the option of choice?

## **Rainbow layers of infinity**

Deep down in the depths of this world is a root cause for all the rott. What is it? What is evil? Why is it there? Is it necessary? Or are we creating it? Do we have a way out of it? Is it actually possible for humans to evolve beyond evil? Can we become virtuous, compassionate beings and overcome all our fears, hate, and anger? What if I told you that those are mostly habits you can unlearn?

Let me take you down the joyous spiral of our emotional spectrum and the main conscious states according to the map of consciousness by Dr. David R. Hawkins, which I found to be a very powerful helper to calibrate my own inner compass. (For a detailed description, I can highly recommend his book *Power vs. Force*.)

Emotions are there to be experienced consciously. If we don't and suppress them, they will form subconscious behavioral patterns and beliefs that will influence our behavior subconsciously. We don't even notice how we act automatically most of the time. Only perhaps afterward. And then we might regret it. And then we are ashamed of doing something wrong. And if we don't allow that shame to be understood, it might just form another subconscious habit by itself. And down the spiral goes.

However, that shame is just a result of a belief system. If you believe all your mistakes should put you to shame, then you will feel ashamed every time you do something that you think is wrong and feel guilty for it. So, even more shame. But what if you could flip your perspective and learn to avoid this cycle completely? Instead of being ashamed for messing up, recognize your mistake, admit it to yourself, and make sure to pay attention the next time, so you might catch a bad habit on the first impulse, but before acting it out. The more often you catch your habits and consciously adjust them to a more optimistic and wholehearted approach, you'll slowly rise out of the evil depths of despair.

You might notice the more conscious you become of your own behavior, and the more you allow your emotions to guide you toward what you need and away from what you don't need, the more you like yourself. You begin to act courageously, are willing to change your bad behavior, and become a reasonable and compassionate person. As if becoming more conscious and accepting of one's actions and emotions, one automatically behaves more ethically.

So what's the bad stuff for then? Why all this cruelty? Well, the story is only as good as its villain, some say. And now, picture this, what if life is a tale of souls wandering through the epic drama of life to be given the opportunity to find their way back home to purity? A video game of good karma vs bad karma. Wake up, be good, evolve, thrive. Or live in a daze and drown in the depths of fear and despair.

Yet the villain has a part to play. To find back to the light, one first has to venture into the dark. And horrific things lurk in the shadow of the world. But don't they make the contrast to the light, to make it shine bright in comparison? The imperfections of the world give us the perfect opportunity to do something good. And it actually matters. Literally. So, shouldn't we strive for our best version? Our highest potential, so we can be a light in this world instead of casting shadows?

## **The ridiculous riddle of the sphinx**

None of what I say is true, unless you choose to persuade yourself that it is your truth. But it isn't your choice. You have no say in these affairs. It is beyond your control. Destined to follow your fated path you are bound by the rules. And so I create a prison you can't escape as long as you maintain the illusion of the walls. When I point left, will you dare to look to the right?

The conjuration of contradictions continues consciously without noticing. And so you trot along a path that never ends, always inevitably being at its end. A bewitching apocalypse of confusion awaits those who dare to dig. But do you retreat from the crazy, or do you keep digging through? Will you return to your comfortable daze of deceptions, or will you break free from the limitations you gave yourself?

Or will you continue to conceptually chain yourself to separate parts that are bound as one? Is the sun setting or rising? Where do you stand? Is your perspective anchored down, or is it free to roam? If claiming your free will is your choice, who can choose it for you? Are you destined to have your destiny revealed to you or will you actively mold your fate? Are you embracing your prison's walls to see them vanish, or do you accept them from a distance to ensure your own imprisonment? Do you like to linger with your limitations of sanity, or do you dare to venture into the unknown uncertainties of insanity to find something new? To break free from the familiar opinions of others, you have to leave them all behind and step into the void in which they appeared in the first place.

And there we will meet again. Me and my polarized possibilities and you and your helpless navigation of the turbulent sea. Will you be thrown around by the waves, or will you remain still? Can you witness the chaos without becoming part of it? Can you watch the storm move past you, or will you let it drive you away? I wonder what you will choose.



## **Unconditional love**

Loving without conditions. Accepting just the way it is. Accept others the way they are, even if they are different than you. Even if it is different from your ideals. Even if it is different from what you think is right. Even if you think it is evil. The last one can be a tough one. Accepting evil. The horrific things people do to each other. Or the catastrophic natural events that can rip your life apart. How can we love that? Maybe we can't? But what if we just accept it? It happened. No way of changing it now. Was it out of our control? Yes? Then accept it. It is what it is. If not, then we can strive to do better next time. And accept that we fucked up. Perhaps, we can apologize? Perhaps we can even correct our mistake?

Admitting to be wrong is often seen as weak in our culture. But to me, it is essential to learning. If you can't admit your mistakes, you're kinda stuck with continuing them. Or don't you think people won't notice once you change? Just admit them, and improve. Or be too ashamed to be seen as flawed, and continue to be that way, while trying to hide it. Cling to your guilt. We're all flawed, though. If we were all perfect, stuff would be quite boring, I believe. There is so much subconscious conditioning hiding in the shadows of our lives while controlling most of our day. And a lot of it is good that way, being conscious of all of it all the time would be quite exhaustive and drain our energy. Most subroutines are better to be left to the automatic system. But how many of them were chosen consciously? And how many were formed during childhood as automatic responses? Something that worked to get what we needed. So we habituated it.

And some of these habits can have negative consequences when taken over in adulthood. They can be manipulative tactics, insults, aggression, rejection, shaming, or other ways of trying to control the situation in our favor by manipulating the other person's emotions. And if they have worked in the past, they are reliable, so why not continue using them? Listen to your heart. Manipulative tactics? Does that sound right? What

does your conscience say? Yeah, you know. So, I know this is challenging, but don't you want to find different methods for getting what you want and need? Aren't you curious to discover all your subconscious patterns of behavior and adjust those that make you feel bad about yourself?

It's possible. And something you don't have to stress about. Quite the opposite, actually. Relax. Give it time. And pay attention to yourself. Observe your actions and reflect on the consequences. How did others react? Was their reaction caused by your intention or their interpretation? Can you make sure those will align better in the future? Why not be honest about your intentions? Well, will they believe it? Are you trustworthy? If not, how do you get there? Gotta start somewhere, right? Do yourself a favor, and start by being honest to yourself. Listen to your heart. What do you truly want? Do you want subconscious patterns you did not consciously choose to dictate your life? Or do you want to find those bad habits and get rid of them?

Well, it's easy. Stay alert. Pay attention. And give it time. Be a patient patient. It often gets tough, but after some time, you will see why, and you will learn something about yourself. The negative situations we live through are the best opportunities to reflect on. Why did you feel bad? Was it a habituated way of interpreting a situation? Once you notice that you changed a habit, you'll start to feel better about yourself more often. This way, we can slowly change our conditioning to habits that we love and can learn to love ourselves and others with unconditional love. But for that, you have to drop your judgment of others who act out of their own conditioned reactions and use techniques that worked for them so far. They just don't know better and aren't in touch with their own heart. What they need most is love. Nothing else will get them out of their misery. But it can be hard to love yourself when no one else does, so help them and show them some sympathy. Or perhaps you can even remember yourself doing something similar, so show some empathy. They are just not aware of their own behavior or don't know a better way of getting what they want or

need. And how much of what we think we want is just based on subconscious beliefs that could be adjusted?

Perhaps you are lucky to find someone who already loves you unconditionally and would love to help you become aware of the habitual behavior you want to get rid of. And if you love them unconditionally too, you could do them the same favor. Or do you believe that you can't change? Well, maintaining that belief kinda stops you from changing anything, including that belief, doesn't it? How do you find out, if you can change?

No pressure, be patient with yourself, and start small. Next time you notice a bad habit, is already a win. Just noticing is a success. Change almost happens by itself once you start to notice it before you act on it. Just don't do it again. I know, it can be challenging to find a new solution, but perhaps you might like it better? And bit by bit, you learn to love yourself.

## **The devil lives in us — Let's get to know him, he's just a kid**

And no, I'm not necessarily talking about some horned dude, or some demon ghost, perhaps in a parallel dimension or as a symbolic archetype, you never know. I'm rather talking about psychological phenomena like doubt, fear, anxiety, nervousness, insecurity, hate, anger, despair, and so on. Our personal dark side. But where do they come from? Do they get caused by external circumstances? Or do they get triggered by how we react to situations or thoughts? If it is our reaction, can we change it? What if it is a habituated response that can be overcome by further investigation? A tendency that can be unlearned?

You know you have a bad habit? Great, first step is already done when you can admit it to yourself. Notice it. Recognize, that you are currently in a negative state. One that is not preferable. Is it justified or did you jump to conclusions? Are you operating on automated assumptions, or do you know with absolute certainty that your interpretation, assumption, or prediction is correct? If not, maybe you misunderstood, or were mistaken? But this can be difficult if we feel attacked, or are actually being attacked by the toxic negativity of someone else. However, why do we let our inner state be determined by the inner state of others? Shouldn't it be our authority? Aren't we responsible for guarding our inner peace consciously? Or do you hand over that responsibility to your subconscious formed in your childhood?

All good, I don't blame you. We all do. Those are our habits. How we have learned to react automatically. But that can be unlearned. The best way is to replace it with a new habit. One that gives you a better feeling. Someone is getting angry at you? Pity them for not being in control of their emotions. But don't tell them, they will get even more angry by this attack to their ego's pride. You see, their attack is out of despair of not being in control. Yet, what if that is only because they don't know, that they are in control, just not aware of how to control themselves? We don't come with

a user manual, but it seems we are getting good at creating our own. Psychology and neuroscience have discovered a lot of very useful understanding for self-exploration, and combined with ancient wisdom about meditation for self-awareness and rituals and repeated practices of reconditioning yourself, we already have pretty good instructions on how you can reshape your life.

Let me give you some simple instructions:

**First**, you have to notice the bad habit. This requires self-awareness, self-reflection, humility, and honesty with yourself. You know when you did something wrong. Learn to admit it to yourself.

**Second** step, try to notice the bad habit, before you act on it. There is a trigger, you have an immediate response you want to act on, intersect that action. Stop yourself from doing it. At least pause before you do it.

**Third** step, find the trigger. Was it an assumption? Was it somebody else doing something bad? Is that a reason for you to also behave badly? Or can you be an example of calm diplomacy and do your best to avoid an escalation of conflict? Or did it get triggered by your imagination? Were you predicting a certain situation based on your assumptions? Is it already happening or do you just think that it could happen? If it is not a guaranteed prediction, then why bother? Perhaps you can even do something to avoid the outcome of your prediction? Why get emotional before it even happened?

**Fourth** step, replace it with a new reaction, new behavior, optimistic interpretations, or assumptions. Don't get stuck on the possible problems, but orient yourself towards a preferred solution or outcome. Can you take a first step? Be brave and start to habituate a new behavior. If someone gets angry at you, why not show empathy, because you know how it is to get angry, instead of showing them that you can get angry too? I know, easier said than done. Our emotions can get triggered by a lot of our insecurities, beliefs, and fears. Facing these with awareness requires courage. Changing our behavior requires patience and perseverance.

### *Notice — Pause — Find the trigger — Change*

We might feel tempted to avoid triggers altogether, but that way, it will be difficult to habituate a new behavior. We will have to expose ourselves to situations that might trigger us, so we can actively learn a new behavior. And you'll be surprised how quickly this can work if you are actually looking for situations to improve yourself. Then, you bring the perfect mindset that allows for a quick change. There will be a lot of work, because we can have a lot of hidden demons in the shadow of our subconscious, and voices whispering lies into our ears, but if we stay faithful and keep our hopes up, we might be able to banish them all. One by one.

Also very useful, educate yourself. Go on YouTube or your preferred platform. Read some books. (Power of Habit — Charles Duhigg) There is a huge amount of information out there to help you get to know yourself better and learn how you can recognize, understand, and adjust your behavior.

And so we fight back against the evil one. With positivity, wisdom, and the light of our conscious awareness, we can illuminate the darkness and clean up the hidden mess. Make sure the neighborhood houses characters to our liking. So we can form our own behavior, to live a more virtuous life of emotional maturity, if we should dare to choose it. Have faith, and you might surprise yourself.

## **Don't mind my meditative mediation**

A cunning koan of conceptual contradictions conjured consciously, given by the muse. Handed over to be taken firmly. To be perceived clearly. To buy the stairway to heaven, we have to pay with attention. Stay focused on the matter. And if you dare to dive into your illusory perception, will you be able to witness the mind from the outside? Cute little fellow. Knows his stuff. At least, that's what he thinks about himself. But does he? Or is he just confident with his assumptions? Proud of them?

Now, once we begin to observe our own mind, it will have some comments on the observation of itself. Do we let them draw us back in, or can we observe them from a distance, too? Stop it. Pay attention to my words. Use them as the anchor for your attention. Glue your awareness to these words and do not let the mind pull you away from them. Is it getting scared? Is it telling you to listen to it? Does it crave your attention? Are you getting weak, or are you still focused on just reading these words? Stay with me. Pay attention, for I am showing you your center of attention and how to control it. Ignore the commentary of the mind and just witness these words. These l-e-t-t-e-r-s. Referencing something you don't even have to consider. No need to understand it. If you are paying attention, you can feel what I am doing. You don't need to put it into words.

You did it anyway, didn't you? That's okay. As long as you're back with me now. See, this back-and-forth, that's what most of meditation is about. Choose something to rest your focus on, notice it is slipping away, and bring it back. Do that and you will train your focus, increase your attention span. Learn how to have it rest on something. To really pay attention.

*“Hai, mind the sword, mind the people watch, mind enemy — too many mind. No mind!” — Nobutada, The Last Samurai*

How often do your eyes wander away while reading? How quickly will you start a secondary thing after starting something else, only partially

paying attention to the thing you just decided to spend your time with? Why is your attention wandering away already? Is it not exciting enough? Does it want a dopamine rush and is not getting it? Watch yourself. Pay attention. Stay awake. The end of time is now, forever.



## Synchronistic sorcery of a madman

When numbers align, and events meet our thoughts, synchronicity taunts us with mysterious coincidences. Like magic, timing synchronizes, and miraculous things occur. Only for the lucky ones, one might think. But what if it is not about luck but about paying attention? Oh, golden words of utter delight, what glorious display of your utter might. But who do you deem to impress? Is it the one about to confess?

*“Because the eye gazes but can catch no glimpse of it, It is called elusive. Because the ear listens but cannot hear it, It is called the rarefied. Because the hand feels for it but cannot find it, It is called the infinitesimal. ... These are called the shapeless shapes, Forms without form, Vague semblances. Go towards them, and you can see no front; Go after them, and you see no rear.” — Carl G. Jung*

You won't believe until you try, how fate's hand will guide you clearly when you choose faith. Or are these just mere delusional utterances of a madman? I don't know. You tell me. Never know unless you try?

*“Synchronicity is the coming together of inner and outer events in a way that cannot be explained by cause and effect and that is meaningful to the observer.” — Carl G. Jung*

So, how does one attract Fortuna? How do we please the muse? Does she perhaps long for our libido's flame? Like the song of a bird, attracting a mate, yet so much more for everyone privileged to be its witness. An expression of beauty, an eruption of love. Magical energy flowing from the source of creation itself to become a divine expression. Heavy words from a madman, right? You have to be crazy to believe this stuff. Yet, who dares to venture to this extreme? And what might they find? A surprise? Was the miracle of life right in front of us the entire time?

## **The envious envisioning of wrong goals**

When you look at others in envy, you blind yourself. Your highest potential can not be found in others. As long as you compare yourself, you will never discover your uniqueness. Look at them to be inspired, but you gotta look within to find your true source of inspiration. So, while you want to be like someone else, you won't be yourself. But you have to be your honest self to be authentic. And you might be surprised by yourself and capable of more than you thought. Perhaps you might even outshine your idols.

However, you have to find your own source of light. What are you passionate about? What did you always want to try, but never dared? Give it a shot, but don't focus on the result, pay attention to the process. Do you enjoy the creative act of creation? All you need to find your purpose, your talents, your highest expression, is within you. I know, vague words that sound so useless. That's the problem though, what they are referring to is hard to capture in words, it is a feeling beyond words. An inner urge, a subtle knowing that will have to persevere against thoughts of doubt, and limiting beliefs. The analytical mind can be so trained at suppressing the subtle nudges of the soul, that we can even forget that we have it. Our intuition. Something deeper and wiser than the assumptions of the mind.

Yet, most are too afraid to listen within. To dare. Instead, they blame others, their circumstances, that they don't have the time or energy, yet they seem to have the time to watch others. But do they pay attention, or is their envy blinding them to the information that is shared with them? Is there perhaps something useful here to apply to your own life? Ever considered, that all I'm trying to point at is you? Yet your attention is still glued to me. Until you get it. That you don't need me. Perhaps, you still enjoy spending your time, reading my words. But once you've truly seen what I'm talking about, you won't need a guru. You'll be your own guru. Then, my art is just the entertainment of some ideas.

## Serene salvation

Once the mind has discovered its own limitations and begins to describe itself from a perceived outside, the space of inner peace can be discovered. Even if you are only able to take a glimpse at the empty space between thoughts, you can suddenly realize, how you are not your thoughts. You are the one who is also witnessing the silence in between. And with meditation, you can train to make that break longer and longer. Yet, it is a passive action. You can't grasp it with thoughts, can't comprehend how it is done, since it is the attempt to understand that breaks the silence.

We just have to repeatedly find our way back to the spot from which we witness our thoughts, emotions, and sensory input as a merged canvas. The screen of our experience. We are the witness of that experience. And just that. We are one with the experience. Any thoughts about a separate person or identity are just another part of that seamless experience. An accumulation of phenomena and events, which are categorizations of the mind. The process of distinguishing distinct features allows us to reference and remember appearances. A naming of patterns. A very powerful tool.

So, there is no goal in meditation of reaching a state of a permanently empty mind. Not as far as I know. But perhaps something beyond knowledge? But no, it seems rather to be a technique to help clean up the subconscious mess we operate on. The automated behaviors and thought patterns we established during our childhood and later. To witness them from an open-minded center. And start our observations of our habituated conditioning. Like the conductor of an orchestra, we are the silent instructors for our inner processes. Yet, how does a conductor who doesn't even know that he is the stillness that permeates all get the attention of the musicians so that they can pay attention to his instructions?

Don't worry. Take a breath. Release it. See. You know you are the conductor. You just told your body what to do. Or was that me? Notice, how I just created confusion in your mind, or did I? Yet, the knowing of

being the conductor, was that really a thought? Or is it more of an intuitive feeling? The feeling of being. Of pure existence.

A quiet pond in the morning sun. A bird passes by. Already gone. A few more. And disappeared. The pond is not disturbed. The fish become active. Yet the surface remains flat. A fish comes to the surface. Ripples on the water. Soon to be gone again. Everything settles again. Flat surface. Clean mirror. Serene heart. Welcome home.

## **Deliberately staying in delusion limbo**

Once you have taken on the responsibility of consciously cocreating your reality, by actively imagining preferred scenarios to create an inner state that attracts an outer reality to reflect this inner state, you might start to occasionally feel like taking a mad stroll through Delululand. When all you have is your intuition to confirm that you are on the right path, while all signals in the exterior tell you otherwise, do you keep trusting that intuition?

*“For we walk by faith, not by sight.” — Corinthians 5:7*

And what is our intuition? Isn't it like a confirmation from the heart about assumptions of the mind? The thoughts that feel right are welcomed with relaxed openness in the chest, while the assumptions that don't feel right rather seem to be creating knots, tension, and pressure in the energetic body. What energetic body? This dude must be delusional. Duh. Takes one to know one.

*“The folly of life is under control. In other words, the mind's models are intentionally taken on.” — Ram Dass*

So, nobody knows anything. Everyone just chooses what to believe. And what if the uncertainty principle allows for this blurry range of free will? That all possibilities you can persuade yourself of, can actually be possible. All that is required for this future to be attracted, is that you believe it. And you better don't stop. Because, if you can't even trust your own intuition, what else are you gonna trust? The ideas and concepts of others? Or your own inner compass of intuitive knowing. The heart of persuasive truth. What you believe to be the truth.

And how far does your imagination stretch? What can you imagine to be possible? Will you limit yourself by believing that the current laws of physics do not allow for exceptions to the rules? Some rare events that can't be predicted? Something supernatural? Just because it is not

common, and you never witnessed something like it, does it mean it is impossible? How big do you allow your delusion to be?

*“Change is inevitable, but transformation is by conscious choice.” — HeatherAsh Amara*

Now, what if you follow your compass and hit a wall? And there is no way around or over it. What do you do? Impossible task? Or what if your compass is not pointing at something behind the wall, but at the wall itself? Could it be, that in front of the wall is where you are supposed to be? A lesson in patience? So, what do with that time? Perhaps there is something you can do to improve the wall? Perhaps it needs some repairs? Or did you bring some colors so you can spend your time turning the wall into a piece of art? The compass gotta change its direction at some point, right?

*“The Bodhisattva is the fool who has become wise by persisting in his folly.” — Alan Watts*

What is the alternative? Giving up? Wandering around aimlessly? Or use the time to train your creativity? What do you imagine to be behind the wall? What is your compass telling you? Any hints? Is it worth the wait? Can you imagine something worth waiting for? Do you have this feeling, that it might be possible? Is this patience a demonstration of faith or the stubborn persistence into a delusion? What do you want to believe? And how long can you make it in uncertainty limbo?

## **What does the mean meaning of meaning mean?**

When the maddening howl of the owl in the mirror screams through the night, all prey will prepare for flight. Flee you fools, from my insane song, for it might be the death of the sane. To be reborn, over and over again. No time, for the mad hatter to prepare tea, because this will be the end of thee. And so, my foolish rhymes innocently lure you into your demise.

Come and follow me willingly, and be carried away by the power of my words, to where I want to lead you. The place where contradictions fall apart, and chaotic silence shrieks at you. Where intellectual conceptualizations become second nature at best. Where you discover that your true nature already is. Always was. Always will be. And doesn't even exist.

That center spot of resting awareness. The seat of the observer. The conductor's silent composure. The feeling of being. The experience of now, with all of its content. Are you content with your content? What a present the presence is. Perpetually pretending to prepare a narrative for the fools fostering a personality. And thus, the illusion of the separate self serves the meaning of the story on a silver platter. Slithering the serpent's temptations into our being. Seductively seeding thoughts of severe sincerity and separate subjectivity. Of accountability and responsibility. For stagnation and progress.

Or will we bury our selves with perspectives of meaninglessness? Dismantle all relevance of us, our relations, relative to the narrative? What might be the meaning of such blindness to meaning? Does it mean one has found a profound truth, or is this profanity a sign of getting lost in insanity, forgetting what it means to be sane? Yet the meaning of existence seems self-evident. Being always is what it is meant to be. No way around it. Just happens by design. Meaning intentionally inherent in existence itself. Everything that exists, does so because it means something to existence. It

matters. Meaninglessness can only be found when exiting existence it seems.

*“Things are not explained by the past. They’re explained by what happens now.” — Alan Watts*

What is life about? Look around, it’s all there. Everywhere. Right here. Right now. This is, what it is about. This is, what it is doing, right now. But what does it mean? Those thoughts are precisely what veils the meaning of it all. The meaning of it all is it all. Not just mere thoughts and interpretations. It’s the whole thing. So, what do our words mean? What, then, is the meaning of a word? Is it perhaps not comparable with the meaning of life? Or do words refer to parts of existence? Making them meaningful in the context in which they are used. And even if they are incoherent ramblings without structure, it at least seems to mean enough to utter them for the one who does so. Do you get what I mean?



## **Gentle generic genesis**

Frivolously uttered cognitive kisses may excite feelings innocently rushing eagerly for libido's yearning. Between the father's white light and the mother's dark matter, a rainbow of colors explodes, and the process of fragmented fractalized reunification commences. Polar opposites attracted to combine ecstatically. A sacred energy exchange proceeds and life is created, while the general gnostic genie is genuinely giggling.

Pulsating waves of excitement explode from the cunning core and ripple across the surface of a ravishingly shaking body until they are met by embracing counterparts. A standing ovation of vibrating waves occurs, and suddenly, time seems to stand still. The particular appearance of something permanent lingers in the air. A scene in a cosmic play emerges out of unbridled potential as if orchestrated by divine direction. A network of narratives navigated by the nexus forms a series of frames.

The father's conscious gaze, endlessly attracted to the mother's mysterious demeanor, curious about the contents of her concealing gown. Appearing as absolute two, merged as one through an endless amount of relative middle points, their touch permeates eternally throughout existence, generating everything that is. Dualistic polarities eternally attracted and repelled in a galactic dance of seduction.

Tempted by sin, we fall from grace into the shameful depths of hell, only to courageously reemerge into the light to strive for the blissful penetration of the doors of heaven. At first, just a flirtation with love, but soon, a commitment to the continuation of compassion. When we charm the purple lotus flower of the heavenly crown to open its leaves to unleash the inner passion, we tease the highest potency of the animatic queen. With a burst, an overwhelming amount of creative energy begins to flow into an artful creation. A sensual embrace with our soul's deepest longings that can lead to a quivering climatic crescendo of quenched quaking quality.

## **Remember, remember, 25th of November**

While venomous, vicious, vindictive watchers enviously wait for my virtuous will's vanquish, will they wither in my victory, or will they willingly admit their wrong view, willfully wanting what was worth their time, to wake up to their own inner power of will? When woeful viewpoints vanish while witnessing my wise wordplay, will we win willing cooperation to work with each other with warmth and welfare? Will we visualize a vivid vision visually visiting a vibrant future, a fantastic fusion of friendship, family, fellowship, and fraternity? Frivolously frolicking while fabricating fundamental frameworks for a frictionless formation of a friendly forum for the formal exchange of further frameworks?

So, surrender to my sly, slithering seduction, seamlessly succumbing to soaring sounds of sophisticated sorcery. Submit to the subject of these sentences so you can end your own suffering and start to strive for a superior storyline of subjectively strong satisfaction for your self. Swear to scorch sinful thoughts of severe sadness, shame, and self-pity, so you can shine a sublime sun of supreme sovereign silence onto the sinister shadows of your soul's sacred sanctuary. Swiftly center your conscious self at the serene seat surrounded by the spread spacious scene seemingly swirling past our senses.

Contradictory, confusing concepts were constructed to conceal my cunning con of your conscious attention. Connecting to the comprehension of complementary complex constraints of cognitive conjurations confronts us with the confusing contents of our consciousness. Come closer, curious children, cover your ears of contemplative commentary, to reduce the calculative critical thinking. Creating calm, composed, comfortable, collected, care-free clarity, completely callous towards cynical, cold compositions of the cognitive coward's cough.

And at last, all assumptions of arrogant appeal can be abandoned to allow for an ascension of your own active agency and authentic attributes. Are you aware of your assertive, affectionate, ardent, and ambitious anima? Are you authorizing artistic articulation, not afraid to admit assimilated adaptation? Or weren't you even aware of the apparent associative, agreeable amalgamation of analogy and likeness? Or was it an arranged aimful admiration of adherent art? Aren't we all just assembling our abstracted assumptions and analysis into an applicable arrangement aimed to anticipate approaching animated activities and administer appropriate actions?

Just juvenile jokes of a jealous jackal and his judgmental jobbery? Or jaw-dropping, jubilant, juxtaposed, jovial jewels juggled by a jeering joker? A joyous jesting jinn, jolting you on a journey into your inner jungle of jostling junctions in the jetstream of your jaded mind. A jolly enjoyer of jamming ideas from Jesus, John, and others just as wise into a juicy jam of jottings. You can call me a jocular, jumbled, judicious, Jack-in-the-box. Or you may just call me *jmbo*.

## Consciousness

Compassion compels me to conclude my composition of contemplations with a conceptualization of consciousness. Only omniscient observation of obvious oscillations opens our perception from opaque orientation to its omnipresent origin. Narrow and normalized notions nudge us to only notice necessary nuances of the narrative. Since sophisticated scrutiny is scowled upon, sharp, subtle self-aware scanning of subconscious surveillance may serve strategic sorting of such sensitive sensations.

Choosing concentrated cognition and contemplation of conscious choices creates concentrated channeling of core conditioning into clear, cohesive coherence. Identifying individual interpretations intended to inform intellectual ideas is inherently illuminating, inviting insights into introspective inquiry. Obverting obstinate, opulent, ominous omnipotence offers an original odyssey towards the oblivious orations of the oracle. Unveiling and understanding our unaware unconscious usages uplifts us into a unified, unfiltered unison, urgently unearthing the ubiquitous, usual utilities.

So, swell in the swift swirl of sensations seductively stimulating our senses, since they seemingly surround us in a seamless stream of scenes. Negate all notable negative norms of neurosis and nurture the nescient natural navigation of now. Every effective, eager engagement with enigmatic exercises easily excels in enlightening efforts of exposure and examination. Swim in the sea of structured, stable systems of scrutinized symbols, selectively searching for subjectively superior solutions and strategies serving separate situations. Succumb to my scheming style of seductive sorcery, so instead of settling for certain stances, you will soar into the scary sky of supposed supernatural, selfless sufficiency in uncertainty.

## Here and there

Nothing can be learned here by the spiritual seeker on the quest for the source of everything. One might think, that through the accumulation of knowledge you will rise above the many. Now, the essence the enthusiastic explorer of equilibrium is searching for, yet you might cognitively comprehend it never. Spaciously spread sprinkles of subjectivity explore a splendid, specifically narrated scene wandering through time.

Infinitely finite selections of optional choices expand the simulated cosmic game of hide-and-seek eternally. From the universal dance of galaxies to the particular virtual handshake, there is nothing happening precisely as it is supposed to. On the end of every sentence, I carefully placed the opposite of its beginning to mirror it while you might not even have noticed that something is off. Opposites exposed to demonstrate, that no matter whatever happens in the spectrum between them, they are still one and the same.

This means, to find the serene center in the dance between the two, you have to pay attention to the details, and stay alert, and focused on this part of the sentence instead of thinking about the opposite of this being that. Left with only a few more ideas, I have to begin with a cunning play of misdirection, so while you expected me to go right, I just stayed. Close to running out of possibilities, I get curious how far I can take this until there are no more elegant options open.

Unconsciously, I'm triggering the geometrical representations of these triangular relations to present you with a visual form for your subconscious intuition to make these transcendental connections vividly conscious. Light awareness needs to linger relaxed from the eternal peace of the center of the cross, the middle point, so that life's heavy weight won't drag us into the dark. Fast animated oscillations of the eternal ephemeral scene flowing through our awareness need to be experienced from a slowed-down inner state, so that we can revel and rejoice in this

dramatic feast. Tightly narrowed down perspectives can be loosened up and spread into something wide.

In this vast space of perception, more processes linger, than one might be able to ever figure out. Clear instructions were given, yet the opaque subconscious filtering and misdirection of conscious awareness might leave some of the readers confused. Bright minds might now get a feeling of superiority while unintelligently demonstrating that they didn't even comprehend the third sentence of this text and will be violently brought down to the aforementioned dark. Flat jokes on uneven ground or brilliantly crafted linguistic masterpieces molded into something exciting?

## **The delayed saturated satisfaction of satisfying actions**

Slowly, the seed will grow into the tree. The doe needs time to rise. Our birthday only happens once a year. And patience is a virtue, it is said. Patience for what? What are you waiting for? Is there a goal you have in mind? Is it something you are striving towards or something you just have to wait for to occur? And what if you don't even know if it will ever occur in your entire lifetime? These are all questions that can make your imagination race into the future, and run simulated predictions of preferred scenarios, to remind you that your current situation is different.

How long, do we imagine will it take? Or do we not know if it will ever happen? Should we just give up hope and cut off these imaginative cycles of dreaming for a better future? Or could it be that there still is value in it, even though our unfulfilled longings can make our heart ache? The cosmic painter is passionately painting a painful picture of pathos while we are pathetically participating in the suffering as the patient patient. Are we doomed? Or can we passionately participate in the painting of our own picture?

Where is our satisfaction? Is it only appearing once the patiently awaited future arrives? Does it mean that our participation until then will remain unsatisfactory? Or can we attract satisfaction into the present moment by selectively choosing paths of satisfying actions? No longer prolonging our satisfaction by attaching it to specific distant events, but producing it right here, right now. Will our actions be as satisfying? Probably not. But can't we procedurally practice passionate expression in the presence to perpetually mingle in satisfying processes?

Now, imagine yourself repeatedly participating in passionate and satisfactory actions. Can you see how you procedurally might increase the satisfaction of said actions to saturate your patient persistence towards your goal bit by bit? So, instead of constantly waiting for that peak experience, you can actively begin to climb the mountain instead of

waiting for a moment when you will be suddenly carried to the top. But to begin the climb, one has to take action. The first steps might not be very pleasurable, but after a while, you might take a look back and realize, that the view has already become more satisfying.



## **Peaks of being a wildflower**

When roses rise to rhythmic vibes, the sky bright on the ocean shines. When rainbows dance in golden light, like friendships joy in pure delight, a benevolent beam brings ecstatic joy of being into presence. Now is when we see what is going on. Not then, now. Are you not satisfied? Are you not entertained? Are you not in permanent euphoria? Sucks to be you. Just kidding.

Would you notice a rose in a field of flowers? Perhaps not. But you'll definitely notice one you come across in the middle of the desert. What a memorable moment that discovery will be. Will you remember the other one you once saw in a field of flowers? See, our joy needs some contrast, ecstasy is the enjoyment of something extraordinary rising above the ordinary. But we need that baseline to create a contrast. Yet, perhaps we can raise our personal average?

Will there be even higher peaks once we raise the average conscious emotional state? Makes me wonder. What would peak out in a field of flowers? A fox? See, it is all about contrast. It's required. So we gotta suffer through some tough shit in our lives, because the contrast makes the good stuff so much more special. Can you forgive the world for the past you had to suffer through and leave it all behind you? Be done with it. You came from the depth. Now go find some fucking peaks, okay? Yes, you will stumble into more caves and valleys, but once you've seen a few peaks, you know why. And perhaps you learned from your past and know how to avoid certain pitfalls?

Life needs to be up and down. Now, what if the choice of hope and optimism versus despair and pessimism determines if you walk up the stairway or down? Will you focus your attention on the dark spots, and stay attached to them in your memories and predictions? Or will you habituate a persistent presence in the present moment to pay attention to life's present being presented to you right now? Happy birthday :)

## **The end is now**

Like literally. Now is where time ends. From now, we endlessly move forward. Yet that what not yet is, is not. So the end of what is, is now. The apocalypse is now. In each moment, a revelation of something new occurs. And change endlessly reveals a new end of now. Now, where does that lead us? Or where do we lead it? A little bit of a push, a little bit of a pull. Sometimes up, sometimes down. And the past? In the end, it doesn't even matter, anymore.

What now? Where do we go from here? See, that leads you already away from now, at least apparently, yet your imagination and prediction of a future happen now. There is no escape from now. It holds us tight in its grip. Always. Yet, what do we want to focus on now? On the processes of our mind? The smell of the air? Or the text you are reading? All simultaneously? Is that all really happening right now? Yes. What you are experiencing in every moment is your subjective bubble of now, just for you. Others might be moving around in that bubble, but they also have their own bubble in which you are moving around. That's their now.

Is it the same you, that is experiencing their now, which doesn't have access to your memories, so when you are them, you don't remember that you also are you? Where is my mind? That witnessing of now, that's consciousness. If there is something witnessing from within, it's conscious. At least, that's what I assume for the rest of the world. I can only look at the stuff in my bubble from my inside and their outside.

Are other humans conscious, I assume so, at least to a certain degree. Animals? Definitely! If there is something in me experiencing this life, then so should there be something in them, that sees what their eyes see, that feels what their skin feels. That feels scared, when it gets scared. Are all lifeforms sentient? Now that's a different question, but is there a silent witness within them, that tastes the food they eat? Seems reasonable. Now,

does a flower feel the warmth of the sun and the moist earth? Perhaps. How can we tell?

Well, it appears we might be on the brink of finding out, scientifically, I mean, because our ancestors have known this for millennia. Many cultures once saw all life as sacred. What happened to that? Why did we become so disrespectful of our biological compagnons? Was it perhaps the rise of mind and the cognitive creation of the illusive ego that blinded us to feel as something superior to use the world for our own gain without any regard for the harmony of the ecosystem? Is it perhaps blind intellect that causes humanity to stray so far from heartfelt appreciation of nature's gifts that are presented to them in their bubble of now? Do you have respect and empathy for all those other conscious subjects of you? If yes, good, if not, I think you should start now, don't you?

## **Gratitude**

*Thank you to the source of all creation.*

*Thank you to my muse for her magical inspiration.*

*Thank you to those of family and friends that encouraged my work.*

*Thank you to all who came before me and whose work was essential for mine.*

*And thank you to you, for taking the time to read my words.*

## **Content, Contributions, and Community**

All these essays were published on medium. You can find them and more of my work here:

<https://medium.com/@jmbo>

I would like to keep all my digital writing available for free and not hide anything behind a paywall.

I am currently working on another book “A Magician’s Apprentice”. A fictional tale to weave the concepts and ideas discussed in these essays into a narrative.

To be able to publish printed versions of both these books, and to cover my low costs of living, I depend on donations to be able to focus all my available time and energy on completing “A Magician’s Apprentice”.

Therefore I humbly ask for your support, and appreciate any alms you can spare. Every little bit helps:

<https://donorbox.org/a-magicians-apprentice>

To contact me or discuss these ideas and others with a community, feel free to join my discord server:

<https://discord.gg/d6H9zzWV6>

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